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ABSTRACT

The citations in this annotated bibliography are of audiovisuals and books focusing on basic nutrition education for children in junior high and secondary schools. There are 233 citations derived from online searches of the AGRICOLA database. Information is provided on obtaining the materials. (JD)

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Quick Bibliography Series

NUTRITION EDUCATION MATERIALS:

GRADES 7 THROUGH 12

1979 - MARCH 1987

233 Citations

May 1987

NAL-BIBL. QB 87-55

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DATABASE SEARCHED: AGRICOLA

LANGUAGES: English only

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Office of Educational Research and Improvement
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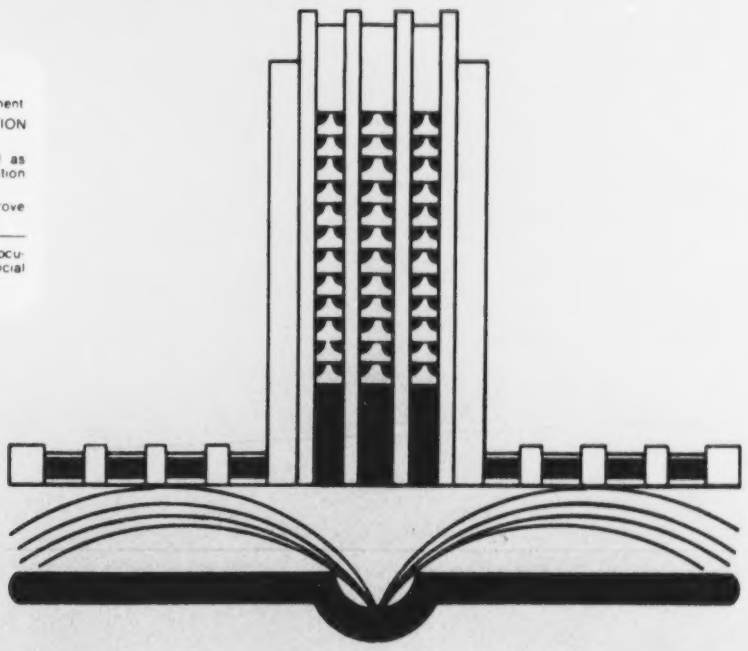

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Ralph Brown Draughon Library
Auburn University
Auburn, AL 36830 (205)826-4500

Arizona
Interlibrary Loans
University of Arizona Library
Tucson, AZ 85721 (602)626-1941

Arkansas
Interlibrary Loan
University of Arkansas
Fayetteville, AR 72701 (501)575-4101

California
Interlibrary Loans
University of California Library
Davis, CA 95616 (916)752-2251

Interlibrary Loans
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University of California
Riverside, CA 92502 (714)787-3701

Colorado
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Colorado State University Library
Ft. Collins, CO 80523 (303)491-5911

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Hume Library
University of Florida
Gainesville, FL 32601 (904)392-1934

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Interlibrary Loans
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2550 The Mall
University of Hawaii
Honolulu, HI 96843 (808)948-8568

Idaho
University of Idaho Library
Moscow, ID 83843 (208)885-6559

Iowa
Interlibrary Loan
Iowa State University Library
Ames, IA 50010 (515)294-3642

Kansas
USDA Document Delivery
Kansas State University Library
Manhattan, KS 66506 (913)532-6516

Louisiana
Interlibrary Loans
Louisiana State University Library
Baton Rouge, LA 70803 (504)388-2138

Michigan
Document Delivery
Michigan State University Library
East Lansing, MI 48824 (517)355-7644

Minnesota
St. Paul Campus Library
University of Minnesota
St. Paul, MN 55108 (612)373-0968

Mississippi
Interlibrary Loans
Mitchell Memorial Library
Mississippi State University
Box 5408
Mississippi, MS 39762 (601)325-4225

Missouri
University of Missouri
1C31 Science
Ellis Library
Columbia, MO 65201 (314)882-2656

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Roland R. Renne Library
Montana State University
Bozeman, MT 59717 (406)994-3161

Interlibrary Loan (for Forest Service (ONLY)
Mansfield Library
University of Montana
Missoula, MT 53706 (406)262-9635

Nebraska
C. Y. Thompson Library
University of Nebraska, East Campus
Lincoln, NE 68503 (402)472-2802

Nevada
Life & Health Science Library
Fleischmann Agricultural Building
University of Nevada, Reno
Reno, NV 89557 (702)784-6616

New Mexico
Interlibrary Loans
New Mexico State University Library
P. O. Box 3475
Las Cruces, NM 88003 (505)646-4737

New York
Interlibrary Loan Services
Mann Library
Cornell University
Ithaca, NY 14850 (607)256-7754

North Carolina
Interlibrary Center
D. H. Hill Library
North Carolina State University
Raleigh, NC 27607 (919)737-2116

North Dakota
North Dakota State University Library
Fargo, ND 58102 (701)237-8885

Ohio
Interlibrary Loan
Ohio State University Library
1858 Neil Avenue Mall
Columbus, OH 43210 (614)422-6211

Oklahoma
Interlibrary Loans
Oklahoma State University Library
Stillwater, OK 74074 (405)624-6313

Oregon
Interlibrary Loans
Washington State University Library
Pullman, WA 99164 (509)335-2671

Pennsylvania
Interlibrary Loan Services
Mann Library
Cornell University
Ithaca, NY 14850 (607)256-7754

Puerto Rico
University of Puerto Rico
Agricultural Experiment Station Library
P. O. Box H
Rio Piedras, PR 00928 (809)767-9705

South Carolina
Interlibrary Loans
Robert Meldrow Cooper Library
Clemson University
Clemson, SC 29631 (803)656-3025

South Dakota
H. M. Briggs Library
P. O. Box 2115
South Dakota State University
Brookings, SD 57000 (605)688-5106

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James D. Hoskins Library
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Texas
Interlibrary Loans
University Library
Texas A&M University
College Station, TX 77843 (713)845-5641

Utah
Interlibrary Loans
Merrill Library
Utah State University
Logan, UT 84322 (801)750-2680

Washington
Science & Engineering Library
Washington State University
Pullman, WA 99164 (509)335-2671

Wisconsin
Steenbock Memorial Library
University of Wisconsin
550 Babcock Drive
Madison, WI 53706 (608)262-9635

AGRICOLA

File 10

Contains citations to documents entered into the database later than January 1979.

I. AUDIOVISUALS

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0001
Alcohol : facts, myths and decisions Sunburst Communications.
Pleasantville, N.Y. Sunburst Communications 1976. Sound accompaniment compatible for manual and automatic operation. 3 filmstrips (75, 57, 81 fr.) : col. ; 35 mm. + 3 sound cassettes (13, 7, 12 min.) + 1 teacher's guide. (NAL Call No.: RC565.A42 F&N AV).
Abstract: Because alcohol is readily available and socially acceptable, teaching people to use it rationally becomes very important. True and false questions provide the framework to educate students about its potential dangers. Student involvement is encouraged by an objective quiz and dicussion suggestions. Alcohol and its effects on the body are described with emphasis on how personal drinking habits affect behavior, motor control and decision making. Three hypothetical situations are presented for students to discuss: social pressure on the non-drinker; a close friend discovered to have a drinking problem; and how to cope with a drunk date who wants to drive. People with alcohol-related problems can find help through organizations specializing in all kinds of counseling, individual or family. A case study illustrates the success of Alconolics Anonymous with a young man seeking help; a second case deals with a young woman learning to cope with an alcoholic mother, and finding help through Alateen.

0002
The art of selecting cuts of porkproduced by Education Department, National Live Stock and Meat Board. -.
Chicago : The Department, c1981. Title from container.~ Title on filmstrip: Glaze on Pork.~ Sound accompaniment compatible for manual and automatic operation. 1 filmstrip (105 fr. col. 35 mm.), 1 sound cassette, 1 wall chart, 1 Pork at a party worksheet, 1 Bones and labels worksheet, 1 Cost per serving worksheet, 20 notebook charts, 1 booklet 16 p. 1 teacher's guide (15 p.) in container (34x25x6 cm.). (NAL Call No.: DNAL Kit no.19 F&N).
Abstract: To acquaint students with wise pork shopping is the objective of this kit published by the National Livestock and Meat Board in coordination with the National Pork Producers Council. Depicted in cartoon style, the filmstrip featuring pork cuts selections and geared for a young viewing audience, is embellished by several support materials that can be used by any age group interested in learning this subject. A bones/labels worksheet, notebook charts of pork retail cuts, a wall chart of bone shapes, worksheets on serving costs; plus a booklet discussing nutrition cooking methods, myths, controversies, stroage of, and other pork facts comprise the supporting materials further enhanced by study activity suggestions, quizzes, and vocabulary lists. (jdb)

0003
The Balancing act Georgia Educational Television Network.
; Lyon, Greg. (Columbia, S.C.) Southern Educational Communications Association Nutrition Education Consortium 1980. Funded by SECA Nutrition Education Consortium and Agency for Instructional Television -CREDITS: Producer, director, Greg Lyon. 1 videocassette (14 min., 52 sec.) : sd., col. ; 3/4 in. -. (NAL Call No.: TX364.S638 no.4 F&N AV).
Abstract: The circus provides analogies for the fourth videotape which stresses the need to adjust calorie intake and expenditure in order to maintain, gain or lose weight. An exercise in label reading illustrates that calorie value is determined by nutrient content. The metabolism of nutrients to energy is then depicted in an animated sequence. The challenge offered in this lesson involves 3 overweight suspects in a line-up. Given height, weight, calories eaten and calories burned for each, the viewers are to determine which one will be successful in losing weight. (js)

0004
Be a better shopper. Heinz B. Biesdorf, Mary Ellen Burris, Josephine Swanson.
; Biesdorf, Heinz B.; Burris, Mary Ellen.; Swanson, Josephine. Ithaca, N.Y. New York State Cooperative Extension and the Dept. of Consumer Economics and Public Policy, New York State College of Human Ecology, Statutory College of the State University, Cornell University 1977. "A Cornell slide set.". 140 slides : col. ; portfolio of instructional materials. (NAL Call No.: TX335.B4 1977 F&N AV).
Abstract: A slide program is designed to develop and improve shopping skills and help shoppers stretch dollars. It demonstrates the value and rewards of planned spending, and emphasizes the importance of participation of all family members in deciding how money is spent. An informed and alert shopper can reduce cost by 15% on weekly grocery bills. Topics include: supermarket specials; rain checks; food storage; store brands vs. national brands; labels and packaging; relationship of package size to cost; unit pricing and open dating; record keeping; buying beef, pork and poultry; trading stamps; games; and gimmicks. (kbc)

0005
Be sizewise, don't lose your balance.
Seattle, Wash. American Heart Association of Washington 1981. Sound accompaniment compatible with manual and automatic operation. 80 slides : col. + 1 sound cassette (8 min.) + 1 teaching guide + 25 pamphlets. (NAL Call No.: RC628.B442 F&N AV).
Abstract: An audiovisual kit is designed to assist educators in teaching weight control to high school teenagers. The focus is not on dieting, rather the program demonstrates how a person can manage his or her weight intelligently, both currently and in the future. Ideas for balancing the 3 basic elements of weight management (nourishment,

activities, and feelings) are presented using real life examples. Behavioral objectives call for students to vocally demonstrate their comprehension of how the 3 weight management elements are related to successful weight control and how their application can be achieved in day-to-day living. A detailed teaching guide is included. (wz)

0006
Be smart, eat smart.
; Rawson, Rosemary. St. Paul, Minn. Nutrition Education and Training Program, (Minnesota Dept. of Education) 1980. NET funded. 114 slides : col. + 1 sound cassette (9 min.) + 1 discussion guide (5 p.). (NAL Call No.: TX355.B38 F&N AV).
Abstract: The slide/tape presentation, directed at teenagers, features teens discussing current controversies in nutrition and provides information teens need to make informed food choices. Using the USDA/DHHS Dietary Guidelines as a basis for the true/false question format (same questions as pretest), participants discuss basic nutrition (identifying calories and their function, clarifying the function of starches and protein, reviewing types of sugars), food quality, snacks and the need for dietary variety and reliable information. The accompanying discussion guide describes the purpose and overview of the module, and provides the pre-test, suggested topics for individual research projects, and individual or group activity ideas. (js)

0007
Before you take that bite (nutrition).
Studio City, Calif. : FilmFair Communications, 1974. A Dan Bessie film. 1 film reel (14 min.) : sd., col. ; 16 mm. + study guide. (NAL Call No.: DNAL Motion picture no.5 F&N).
Abstract: This film is designed for students in secondary grades.. It points out that more and more problems are being caused by poor nutrition and uses the poor habits of a teenage girl as an example. Consequences of an unbalanced diet such as obesity, skin problems, and tooth decay are illustrated by her school friends. The film also provides information on the relative nutritional values of certain foods, and encourages a balanced diet as a primary step to good physical and emotional health. (ls)

0008
Black American culture and cuisineButterick Publishing. -.
New York : Butterick Publishing, c1981. Sound accompaniment compatible for manual and automatic operation - Program consultants: Mary W. Bossart, Beatrice Cihak. 1 filmstrip (72 fr.) : col. ; 35 mm. + 1 sound cassette (9 min., 15 sec. ; 1 7/8 ips, 1/2 track, mono.) + 1 educator's guide. -. (NAL Call No.: DNAL Filmstrip no.51 F&N).
Abstract: Black American culture has had an important impact on America. This filmstrip is designed to help students recognize the influence of black Americans on our culture and cuisine by presenting the historical conditions which led to the development of "Soul Food." The ability to recognize "soul food" and specific cooking techniques used in preparation are among the objectives of this program. (ls)

0009
The Body shop.
Minneapolis, Minn. Methodist Hospital c1982. 38 lesson plans, 1 coordinator's manual, 5 student workbooks (126 p.), 99 originals of handouts, forms, etc., 6 file folders, 146 punch-out food models, 11 transparencies ; in box 28 x 32 x 30 cm. + 39 posters (44 x 56 cm.) ; in in box 58 x 45 x 4 cm. + 1 10-pocket wall chart (70 x 92 cm.) ; in box 37 x 92 x 2 cm. (NAL Call No.: RM222.2.B62 F&N AV).
Abstract: An instructional package on physical fitness incorporates lesson plans, student workbooks, handouts, posters, punch-out food models, transparencies, and a wall chart. The focus is on effective weight control and behavior modification for those aged 8-18 years. Each section includes 10 weekly 2-hour sessions. Parents are included and involved. Topics cover: nutrition (favorite foods don't have to be forbidden); physical awareness (regular exercise is necessary); time out for self (self-worth and pride are discussed); and parenting support groups (discusses parental support and guidance). (kbc)

0010
The Body works.
; Casden, Ron. Pasadena, Calif. Barr Films c1982. Intended audience: Intermediate grades through senior high school. 1 film reel (16 min., 30 sec.) : sd., col. ; 16 mm. -. (NAL Call No.: QP37.B62 F&N AV).
Abstract: The complex network of body systems (skeletal, muscular, circulatory, respiratory, digestive, and nervous) are examined. Each system is explored in conjunction with the others and is related to our body's overall functioning. (The excretory system is omitted). (kbc)

0011
Breaking the fast Georgia Educational Television Network.
: Lyon, Greg. (Columbia, S.C.) Southern Educational Communications Association Nutrition Education Consortium 1980. Funded by SECA Nutrition Education Consortium and Agency for Instructional Television - CREDITS: Producer, director, Greg Lyon. 1 videocassette (14 min., 12 sec) : sd., col. ; 3/4 in. -. (NAL Call No.: TX364.S638 no.5 F&N AV).
Abstract: The importance of a nutritious morning meal is stressed as teens discuss pros and cons of breakfast. Dan Dynamo, breakfast expert and featured guest on a talk show take-off demonstrates preparation of 3 different breakfasts in 60 seconds. An array of non-traditional nutritious breakfast foods also are suggested. The teens then plan a breakfast experiment and become convinced of the usefulness and necessity of a good morning meal. The

final segment encourages viewers to help one weight conscious girl decide between a breakfast or a late morning snack of equal caloric value. (js)

0012
The Caffeine file.
: Renan, Sheldon.; Willard, Sandra.; Haagens, Cynthia. Santa Monica, Calif. Pyramid Films c1982. 1 film reel (12 min., 25 sec.) : sd., col. ; 16 mm. + 1 sheet. (NAL Call No.: TX553.C25C3 F&N AV).
Abstract: A film designed to motivate viewers to limit their consumption of caffeine and to understand where it occurs in foods and non-foods and also promotes general nutritional information. A spoof of old-fashioned spy movies is used to examine the chemical stimulus called caffeine. Caffeine is found in a number of foods such as coffee, tea, cocoa, and soft drinks. Non-food sources include diet and stay-awake pills. The actual caffeine content of these and and other sources is discussed along with how caffiene affects the body and who uses it. Caffeine is suspected of contributing to many short and long term health problems. Withdrawal symptoms are explained. (kbc)

0013
Campaigning for nutrient densityNational Live Stock and Meat Board, Education Dept. and Pork Industry Group ; produced by Rainbow Productions ; writer, Amy Cederbaum. -.
: Cederbaum, Amy. Chicago, IL : The Board, 1980. Title on filmstrip: Mr. Pigg meets the press.~ Sequel: The Art of selecting cuts of pork.~ Sound accompaniment compatible for manual and automatic operation.~ Intended audience: Junior high school through adult. 1 filmstrip (95 fr.) : col. ; 35 mm. + 1 sound cassette (17 min. : mono.) + 1 teacher's guide + 1 chart + printed originals + 1 poster + 1 catalog. (NAL Call No.: DNAL Filmstrip no.72 F&N).
Abstract: With pork and pork byproducts as the nutrient focal point, this cartoon filmstrip educates a young viewing audience on the role of vitamins and minerals in the diet and includes a short lesson on digestion and energy metabolism. The Kit materials contain a USRDA chart of calorie and nutrient percentages in commonly eaten foods; activity worksheets; and, a teacher's guide with a vocabulary terms list, quiz, and suggested activities. (jdb)

0014
Chews for yourself Georgia Educational Television Network.
: Lyon, Greg. (Columbia, S.C.) Southern Educational Communications Association Nutrition Education Consortium 1980. Funded by SECA Nutrition Education Consortium and Agency for Instructional Television ~CREDITS: Producer, director, Greg Lyon. 1 videocassette (13 min., 48 sec.) : sd., col. ; 3/4 in. ~. (NAL Call No.: TX364.S638 no. 2 F&N AV).
Abstract: The second in a series of nutrition education lessons aimed at high school students explores the social, cultural and psychological factors which affect eating habits. Teenagers portray realistic situations (dieting, vegetarianism, family meal planning, fast vs economical food) requiring decision making in food choices. The emphasis is on responsible choices with general treatment of some nutritional information. Questions raised during discussions encourage viewer participation. (js)

0015
Cultural influences on food choices Maclean Hunter Learning Resources ; (produced by) Visual Education Corporation.
New York, NY Maclean Hunter Learning Resources 1981. Sound accompaniment compatible for manual and automatic operation ~Intended audience: Junior high school through college. 1 filmstrip (78 fr.) : col. ; 35 mm. + 1 sound cassette (7 min.) + 1 educators guide. ~. (NAL Call No.: TX353.C84 F&N AV).
Abstract: An educational program provides high school students with information on how food symbolizes cultural values (ethnic and social traditions) and strengthens bonds between people. Social customs involving foods are explained and cultural differences that are reflected by food preference are described. How food choices are influenced by government, advertising, and nutrition knowledge is discussed. People are encouraged to try new or unusual foods or methods of food preparation. The educator's guide includes an activity sheet, appropriate vocabulary, discussion questions, and teaching tactics. (kbc)

0016
Don't weight around Georgia Educational Television Network.
; Lyon, Greg. (Columbia, S.C.) Southern Educational Communications Association Nutrition Education Consortium 1980. Funded by SECA Nutrition Education Consortium and Agency for Instructional Television ~CREDITS: Producer, director, Greg Lyon. 1 videocassette (14 min., 7 sec.) : sd., col. ; 3/4 in. ~. (NAL Call No.: TX364.S638 no. 7 F&N AV).
Abstract: Cast discussions of fad dieting and its risks, dieting misinformation and reliable nutrition information sources are interspersed between the story line in which Queen Isabella instructs Columbus to find a magic reducing potion in the New World. He brings back new foods and a slim Indian maiden who recommends a variety of foods and exercise for weight maintenance. The cast then suggests questions to be applied to any new diet being considered. In a game show, "The Risks of Your Diet", the contestant successfully evaluates the fad diets of 2 persons and challenges viewers to evaluate a teenager's diet. (js)

0017
Eat to compete (by Amy P. Block).
; Block, Amy P. (Berkeley, Calif.? University of California, Division of Agricultural Sciences, Cooperative Extension? 197-?). 80 slides : col. + 1 sound cassette (25 min., 45 sec.) and 1 script (18 leaves.). (NAL Call No.: TX361.A8E3 F&N AV).
Abstract: Nutrition and athletic performance are discussed emphasizing the importance of good eating habits. A training coach emphasizes that good eating practices do help an athlete's performance. Athletes need extra calories and complex carbohydrates are the best energy sources. There is no perfect diet, health food or supplement. Athletes' requirements for calories, carbohydrates, fats, and protein foods are discussed along with those for minerals, vitamins B and C, iron, salt, and fluids. The needs of women athletes are discussed as are food records, smoking, and rest. (kbc)

0018
Eating and digestion a product of Multi-Media Productions, Inc.
Stanford, Calif. Multi-Media Productions 1976 Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (40 fr.) : col. ; 35 mm. + 1 sound cassette + 1 teacher's manual + 1 script. -. (NAL Call No.: QP145.E3 F&N AV).
Abstract: Through a science unit, students learn about the human body's ability to obtain the heat and energy needed for their activities from the foods they eat. Through burning of foods consumed (i.e., the process of digestion), energy and heat are produced. Digestion is explained as taking the food apart and separating it into chemicals which are then combined with oxygen. The entire digestive system is explained. Post film discussion questions are included. (kbc)

0019
Eating for sportCalifornia State University, Los Angeles, Home Economics Department. -.
; McWilliams, Margaret. Los Angeles, Calif. : The Dept., 1984. "Produced by Instructional Media Services, California State University, Los Angeles.". 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX361.A8E33 F&N AV).
Abstract: After several athletes tell what they eat before competition, Dr. William Evans, of Tufts University, talks about caffeine and its relation to athletic performance. He advocates a diet rich in carbohydrates, and limited in fat and large quantities of sodium. Responding to questions from athletes, Dr. Evans comments on the use of fructose, glycogen loading, electrolyte loss and replacement, the negative effects of dehydration, and fluid replacement. Nancy Clark, a registered dietitian specializing in sports nutrition, gives general dietary advice for athletes and specifically addresses food intake on the day before and day of competition. (emc)

0020
Eating rightresearch/script Claire Prieto, Donna MacDonald ; photography Roger McTair. -.
; Prieto, Claire.; MacDonald, Donna. Ontario? : Ryerson Polytechnical Institute, 1983 . "Produced by Immigrant Women's Centre and Ryerson Polytechnical Institute.". 139 slides : col. + 1 sound cassette (12 min.). (NAL Call No.: DNAL Slide no.98 F&N).
Abstract: The universal need for the same nutrients, regardless of the kinds of food eaten or the customs surrounding them, is taught by comparing the meal plans of people from different countries: Portugul, Jamaica, Italy, Latin America and Vietnam. Five women and their families and friends show how the foods selected come from the basic food groups, even though they look quite different. All of the families have had the recommended quantities by the end of the day. An accompanying resource booklet provides the script for the slide-tape presentation, a list of materials for the background information on the interrelationships of food, nutrition and culture, the social history of food and culture and ethnic cuisine. The bibliography includes citations for basic nutrition information, sources of teaching aids that could be adapted for use with immigrant groups, and sources of information that have been translated into various languages. (emc)

0021
Energy.
University Park : Pennsylvania State University, 1977. 1 videocassette (55 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL Videocassette no.78 F&N).
Abstract: This lecture/animated film presentation of energy as unique to the living system focuses on its many facets; bodily needs; storage; food as its source; its role in digestion and absorption; measurement and expenditure. More specifically, basal metabolims, physical activity, specific dynamic action, involuntary and voluntary physiological reactions, and calorimetry procedures comprise some of the topics discussed in a clear, well-illustratedmanner. (jdb)

0022
Exploding nutrition myths.
Garden City, N.Y. : Bergwall Productions, 1978. Sound accompaniment compatible for manual and automatic operation.- ". 6 filmstrips (ca. 444 fr.) : col. ; 35 mm. + & 6 sound cassettes (ca. 78 min.) + 1 study guide (24 p.). (NAL Call No.: DNAL FNC TX353.E96 F&N AV).
Abstract: A 6-part color/sound filmstrip series on nutrtion is intended to explore some of the old ideas regarding nutrition and provide clear explanations of nutrition concepts. Natural as well as prepared food products are discussed. The 6 self-contained filmstrips are: 1) The 46•Food foolers; 2) The Protein

Picture; 3) the Grain Robbery; 4) The Milky Way; 5) Give produce priority; and 6) striking oil. These filmstrips are designed for either teacher-lead discussion or individual student assignments. A study guide is included which contains questions and answer tests for each filmstrip. (kbc)

0023
Exploring the marketplace : nutrition on the run Consumers Union Educational Services.
Orangeburg, N.Y. Consumers Union Educational Services c1980. Sound accompaniment compatible for manual and automatic operation. 3 filmstrips (201 fr) : col. ; 35 mm. + 3 sound cassettes (ca. 45 min.) + 1 teacher's guide, and 30 student activity booklets. (NAL Call No.: TX370.E93 F&N AV).
Abstract: A 3-part nutrition education program on snacks and fast foods is presented for high school students. The program is based on tests conducted by the Consumer's Union on the foods of 11 fast food chains, and survey information on high school students' eating habits, revealing attitude and behavior patterns common among teenagers. Teenage foods are evaluated in light of the 4 major nutrition problems identified by a Senate Select Subcommittee (salt, fat, sugar, and caloric intakes). Labeling, fortification claims, nutrition-testing methods, and other issues concerning the reliability of popular nutrition information also are covered. (wz)

0024
Fast foods.
Kildeer, Ill. Learning Seed Co. c1981. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (68 fr.) : col. ; 35 mm. + 1 cassette (15 min.), + teaching guide + 3 duplicating masters. (NAL Call No.: TX370.F37 F&N AV).
Abstract: Ways to make wise nutritional food selections when eating at fast food franchises are stressed. Fast food and junk food are not necessarily the same. Various types of fast food meals are examined for nutritional value. Informational black line masters, and a teaching guide are included.

0025
The Fats.
. Rich, Bettie R. Gilman Hot Springs, Calif. Mt. San Jacinto College 1976, c1972. CREDITS: Planned and written by Bettie R. Rich. 1 filmstrip (34 fr.) : col. ; 35 mm. + 1 sound cassette (15 min.) + testing materials. -. (NAL Call No. TX560.F3F38 1976 F&N AV).
Abstract: Material concerning dietary fats is presented for high school students. The role of fats in the diet is discussed. A description of how they are digested and their use in the body also is included. Food sources of fat are examined, and problems related to the excessive intake of dietary fats are described. A worksheet and answer sheet are provided to test nutrition knowledge before and after viewing the lesson. (wz)

0026
Fish is brain food, give it some thought.
(s.l.) : American Heart Association, (1978?). 1 poster : col. ; 43 x 28 cm. (NAL Call No.: DNAL FNC TX385.F48 F&N AV).
Abstract: An elderly gentleman appears to be wondering about the fish that is poised on top of his head. The words at the top of the poster read, "Fish is 'brainfood' ... give it some thought." This is meant to be a reminder that fish has a valued place in the diet. (emc)

0027
Fit it all together.
Chevy Chase, Md. National 4-H Council c1981. "FN001, FN002.". 80 slides : col. ; 1 sound cassette (12 min., 18 sec.) + leader's guide (15 p. ; 28 cm.) + student workbook (31 p. : col. ill. ; 28 cm.) + script (9 p. ; 28 cm.). (NAL Call No.: TX364.F49 F&N AV).
Abstract: An introductory unit for junior high school students on food and nutrition was developed in consultation with the National 4-H Food and Nutrition Committee, the Extension Service and private industry (General Foods Corp.). The multimedia unit uses the theme "Fit it all together." A puzzle format requires participants to fit the pieces together to learn about balanced meals and their food habits. Topics include: the 4 food groups, calories, fitness, consumerism, snacking wisely, and the importance of eating breakfast. Food records are included. (kbc)

0028
Fitness for living Walt Disney Educational Media Company.
Burbank, Calif. Walt Disney Educational Media 1982. Sound accompniment compatible for manual and automatic operation ~Intended audience: Grades 9-12. 3 filmstrips (285 fr.) : col. ; 35 mm. + 3 sound cassettes (29 min.) + 1 teacher's guide (64 p.). (NAL Call No.: GV438.F57 F&N AV).
Abstract: A 3-part audiovisual kit with a teacher's guide that can be used to plan high school physical education programs is presented. Designed for grades 10-12 it is an outgrowth of efforts from the President's Council on Physical Fitness and Sports. Included are 13 chapters. Chapters 1-2 cover the introduction and how to best use each filmstrip ("What is Physical Fitness?", "Fitness for Living--How to get Fit" and "Fitness for living--Measuring up"). Chapters 3-4 discuss considerations for muscle strength and endurance, and for cardiovascular endurance. Chapters 5-7 examine warming up, stretching and flexibility exercises. Chapters 8-9 look at the body's composition, its nutritional goals, and health and safety considerations. Chapters 10-12 examine environmental conditions, motivation, and concepts and terminology associated with physical fitness. Chapter 13 offers selected references. A number of charts and pictures/visuals are included in the teacher's guide. (kbc)

0029
Focus on food, nutrition education for Tennessee's children Tennessee Dept. of Education.
(Nashville?) Tennessee Dept. of Education 1981. NET funded ~Sound accompaniment compatible for manual operations only. 80 slides : col. ; 2 x 2 in. + 1 sound cassette (18 min.). (NAL Call No.: TX364.F652 F&N AV).
Abstract: Poor nutrition can permanently reduce the total number of brain cells and inhibit optimal development of the growing child. The Nutrition Education and Training (NET) program was established by Congress in 1977 to improve preschool to grade 12 nutrition education. About 50 Tennessee youth advisory councils at junior/senior high schools conducted an assessment and developed recommendaions to improve school nutrition potential. Recommendations included room appearance, nutrition surveys, and assisting students in learning nutritional facts. A variety of student-involved nutritional learning activities were described, as well as school lunch and breakfast food programs. (wz)

0030
Food ... for manUniversity of Nevada, Reno, College of Agriculture.
Reno, Nev. : The College, 1978. Title on container: Food ... food for man. 1 film reel (19 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL FNC TX353.F65 F&N AV).
Abstract: Agriculture is presented as the basis of nutrition. Agricultural practices are traced from ancient times to the modern machine in America. Emphasis is placed on newer methods of growing, harvesting and preparation for marketing. Research techniques for increasing the harvest of plants, shrimp, and beef cattle are shown. The work of agricultural biologists, soil scientists, entemologists, plant pathologists, and agronomists are explained. The research techniques pictured are related to the need to grow more and better crops to feed the increasing world population. (emc)

0031
Food ... your choice, a nutrition learning program, level 4 - health National Dairy Council.
Rosemont, Ill. National Dairy Council 1980. Includes program overview, teacher materials and guide, student materials, resource materials, etc. 1 kit. (NAL Call No.: TX364.F639 level 4a F&N AV).
Abstract: An activity-oriented program to supplement nutrition curricula for the 7th-10th grades emphasizes the development of healthy lifestyles through better eating habits and physical fitness, and discusses health concerns. The program can be tailored to specific interests and various capability levels; the integration of other materials and resources is encouraged. Teaching strategies involve questioning and discussion, use of data sheets, role playing, and small group projects. Basic nutrition concepts are built through increasing understanding of dietary influences on appearance and performance, nutrient and energy values, changing needs in the life cycle, the psychological, sociocultural and economic aspects of food choice and food technology, and the total societal impact of food use.

0032
Food ... your choice, a nutrition learning program, level 4 - science National Dairy Council.
Rosemont, Ill. National Dairy Council 1981. Includes program overview, teacher materials and guides, student materials, resource materials, transparencies, poster, etc. 1 kit ; in container 24 x 30 x 12 cm. (NAL Call No.: TX364.F639 F&N AV level 4c).
Abstract: A nutrition education program for science classes in grades 7-10 can be used alone or in conjunction with other "Food--Your Choice" subject areas. Packaged in a box, the materials include: a learning system overview; a science program overview; a how-to card (tips for using the program); activity cards; and resource materials. Support materials include student worksheets, data sheets, transparencies, a wall chart and mini-posters. A nutrition source book serves as a basic nutrition information reference. The science program centers on 18 independent activities that can be integrated into existing courses of study. Each activity card provides a detailed teaching plan. (rkm)

0033
Food ... your choice, a nutrition learning program, level 4- home economics National Dairy Council.
Rosemont, Ill. National Dairy Council 1980. Includes program overview, teacher materials and guides, student materials, resource materials, etc. 1 kit. (NAL Call No.: TX364.F639 level 4b F&N AV).
Abstract: An activity oriented program to supplement nutrition curricula in junior high school emphasizes the development of healthy lifestyles through food knowledge, and understanding the body's nutrient needs and utilization. Flexibility is an important part of the program design; integration of other materials and resources is encouraged. Teaching strategies involve questioning and discussion, use of data sheets, lectures, role playing and small group projects. Basic nutrition concepts are built through increasing understanding of balanced diets, menu planning, food labeling, consumerism, and nutrition issues. Some topics which appeal to teens are weight watching, food preparation, snacking, vegetarianism, and taste comparisons.

0034
Food ... your choice, a nutrition learning program, level 4- home economics National Dairy Council.
Rosemont, Ill. National Dairy Council 1980. Includes program overview, teacher materials and guides, student materials,

resource materials, etc. 1 kit. (NAL Call No.: TX364.F639 level 4b F&N AV).
Abstract: An activity oriented program to supplement nutrition curricula in junior high school emphasizes the development of healthy lifestyles through food knowledge, and understanding the body's nutrient needs and utilization. Flexibility is an important part of the program design; integration of other materials and resources is encouraged. Teaching strategies involve questioning and discussion, use of data sheets, lectures, role playing and small group projects. Basic nutrition concepts are built through increasing understanding of balanced diets, menu planning, food labeling, consumerism, and nutrition issues. Some topics which appeal to teens are weight watching, food preparation, snacking, vegetarianism, and taste comparisons.

0035
Food ... your choice, a nutrition learning system, level 4 - social studies National Dairy Council.
Rosemont, Ill. National Dairy Council 1981. Includes program overview, teacher materials and guides, student materials, resource materials, transparencies, etc. 1 kit ; in container 24 x 30 x 12 cm. (NAL Call No.: TX364.F639 F&N AV level 4a).
Abstract: A nutrition education program for social studies classes in grades 7-10 can be used alone or in conjunction with other "Food--Your Choice" subject areas. Packaged in a box, the materials include: a learning system overview, a social studies program overview; a how-to card (tips for using the program), activity cards; and resource materials. Support material as student worksheets, data sheets, and transparencies are included in the program. A nutrition source book serves as a basic reference to nutrition information. The program focuses on 18 independent activities that can be integrated into existing courses of study. Activities can be completed in 1 to 4 (40-55 minute) class periods. (rkm)

0036
Food additives, helps or hazards?.
New York : Butterick Pub., 1979. Title from data sheet.- Sound accompaniment compatible for manual and automatic operation. 1 filmstrip (72 fr.) : col. ; 35 mm. + 1 sound cassette + 1 teacher's guide -. (NAL Call No.: DNAL Filmstrip no.32 F&N).
Abstract: "Food Additives: Helps or Hazards?" presents secondary grade students with both sides of this important issue. Food additives are an integral part of our food supply, yet their potential dangers cannot be ignored. The students are taught how consumers can weigh the risks and benefits of additives, and how they can make safe, healthful food choices. The program is accompanied by student work sheets, a wall chart, and a teacher's guide. (ls)

0037
Food and growthChurchill Films. -.
Los Angeles, Calif. : Churchill, 1974. Revised version of the 1957 motion picture entitled Exploring your growth. 1 film reel : sd., col. ; 16 mm. + 1 study guide. (NAL Call No.: DNAL Motion picture no.69 F&N).
Abstract: The film introduces the concept that growth occurs by cell division, and that food reaching the cells is necessary for cell growth and division. The film uses endoscopy, fluoroscopy, and photomicrography to detail the process of digestion from the mouth, to the stomach, and through the intestine. It describes the process of nutrient transport from the intestine to storage in the liver or to other body cells. The student receives a complete presentation of the digestion and absorption processes. (ls)

0038
A Food chooser's guide to the well-fed cell Coronet Films & Video.
Chicago, Ill. Coronet Films & Video 1982. Intended audience: Elementary and junior high school students ~Title on case: A food-chooser's guide to the well fed cell. 1 film reel (22 min.) : sd., col. ; 16 mm + leader' guide. (NAL Call No.: TX355.F577 1982 F&N AV).
Abstract: An animated cartoon demonstrates body cell function and utilization of nutrients received from foods consumed. The role of carbohydrates, proteins, fats, vitamins, minerals, and water are explained. The body's energy requirements, calories, and empty calories are described. Food choices affect the ability of the body cells to work effectvely. Use of the basic food groups help ensure that the body cells have the nutrients needed daily. Cooking methods can affect the nutrient content of food. Food label information can help evaluate food choices so one doesn't select foods too high in sugar, fat or salt. (kbc)

0039
Food, fitness, and you Georgia Nutrition Education and Training Project.
Atlanta, Ga. Nutrition Education Unit, Georgia Dept. of Education 1982. "A secondary program relating nutrition to fitness.". 4 filmslips (13 fr. each) : col. ; 35 mm. + 1 sound cassette (27 min.) + teachers guide + spirit masters. (NAL Call No.: TX361.Y6F66 F&N AV).
Abstract: A 6 unit learning activity package designed for secondary school students illustrates various aspects of the relationship between nutrition and fitness. Designed primarily to supplement physical education unit on physical fitness, this unit can also be used in health, social studies, language arts, home economics, and consumer education. The unit has 3 goals: 1) to provide practical information on food and physical activity; 2) to instill positive attitudes about physical activity and food habits; and 3) to help with decision-making skills that promote healthy lifestyles. The 6 units are "Food, Fitness and You"; Food Facts";

"Changing Fitness Needs"; "Pros and Cons of Food and Fitness"; "Personal Eating and Activity Patterns"; and "Choice and Commitment." Each unit contains objectives, background information and suggested teaching method. Filmslips and an audio cassette are included along with spirit masters. A nutrition reference sheet contains 6 charts: nutrient functions & food sources; basic five food groups; height and weight by age and sex; 1980 RDA's, a chart on caloric values; and a chart on caloric output of various activities. (kbc)

0040
Food for thought.
Norwood, Mass. Beacon Films c1982. 4 film reels (40 min.) : sd., col. ; 16 mm. (NAL Call No.: TX533.F63 F&N AV).
Abstract: A series designed for teenagers discusses the 4 food groups: breads and cereals; fruits and vegetables; meat and meat alternates; and milk and milk products. Each film takes an in-depth look at why the foods in that group are needed, what nutrients they supply, and how they are grown and marketed. Discussion also covers why foods are classified into food groups (because of how they function in the body), why nutrients are needed, and flexibility of interchange within a particular food group. Suggestions are given to add food variety as well as to encourage acceptability (liver with bacon and onions). (kbc)

0041
Food for thought : featuring Fat Albert and the Cosby Kids.
; Cosby, William H.& Fat Albert and the Cosby Kids, Food for thought. (Pasadena Calif.? Filmation Associates?) c1981. NET funded -Can be used with set of 4 posters (TX355.F673 F&N AV IV 09-11). 1 film reel (19 min., 38 sec.) : sd., col. ; 16 mm. + teacher's film guide. (NAL Call No.: TX355.F672 F&N AV).
Abstract: An instructional package is centered on the film featuring cartoon characters, Fat Albert and his friends, the Cosby kids. Bill Cosby introduces and concludes the film, reinforcing the main ideas, and encouraging viewers to "think before you eat." The animated portion of the film follows Fat Albert and his friends through several days of activities. Through a TV program and classroom instruction the Cosby kids learn the relationship between nutrient intake, energy and vigor and the importance of having a balanced variety of foods in the diet. The resource guide provides: a teacher's film guide listing general objectives of the film and accompanying materials, a film summary, teacher preparation activities and learning activities for individuals or class groups. (js)

0042
Food in Tennessee's prehistory and history University of Tennessee, Department of Anthropology.
; Manzano, Bruce.; Terry, Rhonda Dale.& Food and the prehistoric Indians of Tennessee.; The History of food in Tennessee. (Knoxville, Tenn.) The Dept. (1981). NET funded. 160 slides : col. + 2 sound cassettes (45 min.). (NAL Call No.: TX360.U7T24 F&N AV).
Abstract: Two slide-tape modules and five lesson plans integrate food and nutrition information with instruction in Tennessee's prehistory and history. The slide-tape presentations identify food selection, gathering and preparation methods used by Indians of the Tennessee area and foods introduced by Spanish, European, and African settlers. Lesson plans (including transparencies and student exercises) average 15 minutes in length and may be used independently. Topics include: a) foodways-the process from contemporary selection and production to disposal of wastes; b) reasons for and methods of cooking foods; c) role of the country store in the 1800's and early 1900's; d) regulation of the food supply and food labeling; and e) restaurant industry information. (js)

0043
Food preparation Procter & Gamble Educational Services.
Cincinnati, Ohio Procter & Gamble Company c1983. 1 book (88 p. : ill. ; 28 cm.), 1 student worksheet booklet (22 leaves), 1 poster, 6 transparency masters ; in folder 29 cm. (NAL Call No.: TX651.F62 F&N AV).
Abstract: A food preparation education kit includes a teacher's guide for teaching students the basics of food preparation, covering 6 educational modules for food preparation in the home and 7 educational modules on commercial preparation facts and procedures. Nutrition essentials, meal management, initial steps in food preparation, baking and frying skills, and microwave cooking and baking are covered. In the area of foodservice operations an overview of the foodservice industry, its responsibilities and opportunities, planning a foodservice career, basic food preparation skills, use of fats and oils, and sanitation and food safety are covered. The kit also includes a food safety checklist poster, 4 master visuals on home food preparation and 2 on foodservice operations, and 15 student worksheet topics on home food preparation and 7 on foodservice operations. (wz)

0044
Foods for health authors, Sally Burrill, Pamela Tom ; photography, Jack K. Clark, Bill Gelling ; art work, Arleen Chin.
Burrill, Sally. ; Tom, Pamela. (Davis, Calif.) Cooperative Extension, University of California (1980?). 75 slides : col. + 1 sound cassette (min.) + 1 script (18 leaves ; 28 cm.). (NAL Call No.: TX355.B87 F&N AV).
Abstract: A slide presentation presents information on how food choices affect nutritional status, bodily functions, and energy. In order to assure adequate nutrient intake, a wide variety of foods must be eaten. Foods which provide various nutrients and energy are discussed based on a daily food guide

that contains 5 nutrient groups: vegetable/fruit; bread/cereal; milk/cheese; meat/poultry; fish/beans; and fats/sweets/alcohol which supply calories but few nutrients. The format allows participants to stop the presentation and answer questions posed by the speaker. (kbc)

0045
Foodstuff Georgia Educational Television Network.
: Lyon, Greg. (Columbia, S.C.) Southern Educational Communications Association Nutrition Education Consortium 1980. Funded by SECA Nutrition Education Consortium and Agency for Instructional Television -CREDITS: Producer, director, Greg Lyon. 1 videocassette (13 min., 48 sec.) : sd., col. ; 3/4 in. -. (NAL Call No.: TX364.S638 no. 8 F&N AV).
Abstract: The American diet, how it has changed and implications of contemporary eating patterns, is the focus of the eighth lesson. The teen cast compares advantages and disadvantages of dramatized food preparation methods of past and present. The increase in sugar, salt and fat in the diet and the need for additional starch and fiber also are discussed. One teen, confused by the abundance of seemingly conflicting information on processing, additives, and eating habits, concludes the program, by asking viewers to help him decide what to believe. (js)

0046
A Fresh approach to fruits and vegetables UFFVA.
Alexandria, Va. United Fresh Fruit and Vegetable Association 1981. Sound accompaniment compatible for manual and automatic operation -Includes text The Fresh fruit and vegetable book. 1 filmstrip (100 fr.) : col. ; 35 mm. + 1 sound cassette (17 min.) and teacher's guide. (NAL Call No.: TX397.F74 F&N AV).
Abstract: A group of students is introduced to an appealing variety of fresh fruits and vegetables, and given information for selecting, storing, and serving them. In addition to providing flavor, texture, color, and aroma to please every taste, fresh fruits and vegetables are important nutrient sources. The students decide to offer fresh fruits and vegetables at a school food fair; they learn how to choose the best produce, and how to store it correctly to keep or ripen its fresh flavor. Food ideas are suggested for soups, desserts, salads, dips, and sauteed or stir-fried dishes. A complete guide to produce, with 1000 preparation and serving suggestions and 250 recipes, is presented in The Fresh Fruit and Vegetable Book; 6 activity sheets focus on: student attitudes toward food and nutrition; the role of fresh fruits and vegetables in a balanced diet; produce selection, care, and preparation; and international foods. (nm)

0047
Good eating can be habit forming developed by the Maryland Home Economics Association.
Arnold, Md. Maryland Home Economics Association c1981. The Maryland State Dept. of Education funded this project through the Nutrition Education and Training Program -NET funded. 1 filmstrip (75 fr.) : col. ; 35 mm. + 1 sound cassette (8 min. : 1 7/8 ips, mono.) and 1 leader's guide. (NAL Call No.: TX355.G647 F&N AV).
Abstract: A one hour multimedia presentation for adult groups and high school students consists of a slide/tape or filmstrip/tape and worksheets which should enable participants to: identify some common eating habits and alternative behaviors, identify their personal eating habits and the results of these choices, review their knowledge of the USDA dietary guidelines and adherence to them, recognize their position as role model for children and plan to change at least one undesirable eating habit. An accompanying leader's guide describes objectives, offers techniques for presentation of materials and provides discussion questions, supplemental activities, participant and leader evaluation forms and script. (js)

0048
Good nutrition programs (developed and produced for the Arizona Nutrition Education and Training Program by Ear-O-Dynamic Communications.).
Phoenix, Ariz. Arizona Dept. of Education 1981. NET funded. 2 sound cassettes (126 min.) : 1 7/8 ips ; 3 7/8 x 2 1/2 in., 1/8 in. tape + 2 booklets (60 p. ; 22 cm.). (NAL Call No.: TX364.G683 F&N AV).
Abstract: Custom length cassettes for use over the school public address system in elementary or secondary schools each contain 60 one minute announcements with an opening and closing jingle and messages designed to promote nutrition education, good health and school lunch participation. A manual accompanying each cassette provides all scripts and evaluation questionnaires for students and teachers. (js)

0049
Greek cookeryellenike mageirike /written and demonstrated by Penelope Dennis. -.
Dennis, Penelope. Burbank, Calif. : Produced by images by KAMEM : Distributed by Encore Visual Education, 1979. 1 filmstrip (79 fr.) : col. ; 35 mm. + 1 sound cassette (18 min.) + 1 teacher's manual. -. (NAL Call No.: DNAL Filmstrip no.56 F&N).
Abstract: This filmstrip program designed for secondary grade students to adults presents the history and characteristics of Greek cuisine. Beautiful color slides show Greeks in their homeland tending to their unique agricultural duties. A variety of traditional recipes are demonstrated on the filmstrip, including: lentil soup, souvlakia, rice pilaf, and salata with dressing. After viewing the program, the audience gains a greater awareness of

the Greek lifestyle, with special emphasis on Greek foods, agriculture, and specialty dishes. A leader's guide accompanies the program. (ls)

0050
Health habits for a healthy life Film Fair Communications.
Studio City, Calif. Film Fair Communications 1981. 1 film reel (16 min.) : sd., col. ; 16 mm. (NAL Call No.: RA440.H4 F&N AV).
Abstract: A discussion of healthy lifestyles is based on the body's need for proper fuel, maintenance, and regular use. Illness may be an accumulation of neglect; treating the symptoms of illness rather than the underlying causes may further compound the problem Getting proper fuel depends on an adequate intake of protein, carbohydrates, fiber, minerals, vitamins and fluids while avoiding fat (particularly cholesterol), salt, and sugar. Maintenance involves emotional as well as physical well-being, and is accomplished through coping with stress; balancing work and recreation; and getting enough sleep. Regular use means exercise--aerobics to improve heart rate and oxygen intake can be fun and healthful. A healthy life style is dependent on knowing the body's nutritional needs. (cj)

0051
Health, the inside story
; Casden, Ron. Pasadena, Calif. Barr Films 1982. Intended audience: Grades 5 through 9 -CREDITS: Producer, writer, Ron Casden. 1 film reel (18 min., 30 sec.) : sd., col. ; 16 mm. + 1 teacher's guide. -. (NAL Call No.: RA777.H44 F&N AV).
Abstract: An education presentation defines good health as the body and mind functioning in harmony. The difference between normal, average, and ideal is explained and the role of proper diet, regular exercise, emotional stability, and stress management are explored. It is stressed that rate of development is very individualized as people grow and mature from childhood to adulthood. Lifestyle can be reflected in appearance; therefore, the body must be maintained to achieve maximum potential and life goals.

0052
High feather, episode 1. Deep water test New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (28 min.) : sd., col. ; 3/4 in. + teacher guide. (NAL Call No.: TX364.H52 Pt.1 F&N AV).
Abstract: Positive nutrition messages encourage children and young teens to eat right in this first episode of a series exploring the experiences of 8 boys and girls at summer camp. The campers arrive, meet each other, and begin to interact. The implications of poor food habits (Leo's fondness for sweets, Suzanne's use of megavitamins, and Tom's overweight) are examined. Basic principles of a healthy diet are introduced. These include eating fresh fruit and vegetables, drinking milk and juice, being willing to try a wide variety of foods, cutting down on salt at the table, and following a good meal plan. When Domingo has a swimming accident the children learn the importance of camp rules and discover the support of new friends.

0053
High feather, episode 10, Food follies New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (28 min.) : sd., col. ; 3/4 in. + teacher guide. (NAL Call No.: TX364.H52 Pt. 10 F&N AV).
Abstract: The annual show at summer camp is the vehicle through which a group of campers become aware of the needs and nutritional problems of the elderly. Members of a nearby senior citizens center get involved with the show by passing on their know-how and experience. The children, in turn, realize how inflation makes it difficult for older people to eat nutritionally adequate diets. Both old and young learn to understand and appreciate each other; the show entitled "Food Follies" is a great success.

0054
High feather, episode 2, Stan's secret New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (29 min.) : sd., col. ; 3/4 in. + teacher guide. (NAL Call No.: TX364.H52 Pt.2 F&N AV).
Abstract: An exploration of eating habits and diet improvement characterize a story from summer camp in which Stan arouses his friends' suspicions that he is a drug addict when he is seen giving himself an injection. After the friends discuss the problem with the camp nurse, and discover that Stan has diabetes, their plans for a surprise party for their counsellor become oriented to trying new low-sugar foods. They make a carrot cake, mango sherbet, etc., and learn in the process some grocery shopping techniques, label reading, and food preparation and cleanup.

0055
High feather, episode 3, Swifty New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (29 min.) : sd., col. ; 3/4 in. + teacher guide. (NAL Call No.: TX364.H52 Pt.3 F&N AV).
Abstract: The big race at summer camp is coming up, and Tom feels useless and discouraged because of his obesity problem. As his teammates are practicing, learning technique, and discussing dietary needs for athletes, Tom usually succeeds only in getting to meals first. With a lot of help and encouragement from his friends, he starts trying to control his passion for eating. When they actually win the race because Tom refuses to quit, he realizes that he can change his habits and feel

better at the same time.

0056
High feather, episode 4, Nose for news New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (28 min.) : sd., col. ; 3/4 in. + teacher guide. (NAL Call No.: TX364.H52 Pt.4 F&N AV).
Abstract: Leo volunteers his friends' time to work on the camp newspaper; one of the stories in which they become involved is the running of the camp kitchen. In the process of becoming investigative reporters, they learn about planning, shopping, and budgeting by doing the weekly grocery buying in food stores and from local farmers. They learn about the importance of using nutritious foods instead of junk foods, and even come up with the idea of starting a camp vegetable garden; of course, Leo volunteers his friends' time for that, too!

0057
High feather, episode 5, Ballerina New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (28 min.) : sd., col. ; 3/4 in. + teacher guide. (NAL Call No.: TX364.H52 Pt.5 F&N AV).
Abstract: The importance of sound nutrition for young people is illustrated when Leslie alters her life style and eating habits at camp to prepare for a dancing scholarship audition. Unfortunately, the diet choice she makes is based on her idea of the need to be thin; a low energy food intake makes her irritable with her friends and unwilling to participate in other camp activities, and it ultimately results in her collapse during the audition. Leslie realizes how important good nutrition is, but also learns that communicating with her friends, having some other activities, and enjoying diversity are important, too.

0058
High feather, episode 6, Lost in the woods New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (29 min.) : sd., col. ; 3/4 in. + teacher guide. (NAL Call No.: TX364.H52 Pt.6 F&N AV).
Abstract: Preparation for a hiking expedition at summer camp includes learning the safety rules, such as staying together, using a compass, and knowing what to eat and drink in the woods. Several of the hikers ignore the rules, however, to follow a yellow-bellied sapsucker. While they are lost, they are faced with the necessity of finding something to eat and drink. The hikers are "rescued" by a cow they follow to a farm; while at the farm, the campers learn more about where their food comes from and what farm life is like.

0059
High feather, episode 7, Going home New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (29 min.) : sd., col. ; 3/4 in. + teacher guide. (NAL Call No.: TX364.H52 Pt. 7 F&N AV).
Abstract: This episode of a series exploring the experiences of 8 boys and girls at summer camp focuses on Tom, a 12-year old who is overweight. Tom has already lost 8 lbs. at camp, due to lots of physical exercise, improved food habits and a healthy balanced diet. When his father loses his job, Tom has to return home. At first to hide his disappointment, Tom begins to eat back the weight he has lost. His family also reinforce the poor eating habits that have made Tom overweight. But Tom remembers what he has learned about nutrition at camp and shows his family that nutritious foods can be low calorie, inexpensive and tasty. He plants a vegetable garden and demonstrates such smart shopping skills as comparison shopping and avoiding expensive meats, heavily advertised products, processed foods and convenience items.

0060
High feather, episode 8, The County fair New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (28 min.) : sd., col. ; 3/4 in. + teacher guide. (NAL Call No.: TX364.H52 Pt. 8 F&N AV).
Abstract: Boys and girls at summer camp plan to enter favorite foods in the county fair competition. Stan at first considers cooking "women's work"; he discovers, however, that cooking can be fun after a lesson from the camp's male chef. The campers' efforts are nearly unrewarded when Jeff, an irresponsible teenager with a drinking problem, forgets to hand in their entry application. Jeff realizes his selfishness has hurt others and he convinces the fair personnel to set up a makeshift table for the campers. Fairgoers get to sample such nutritious dishes as arroz con pollo, berry pie made with whole wheat crust, potato and leek soup, and granola, and Leo's garden-grown lettuce wins 3rd prize in the vegetable competition.

0061
High feather, episode 9, Saved from the pound New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (29 min.) : sd., col. ; 2/3 in. + teacher guide. (NAL Call No.: TX364.H52 Pt. 9 F&N AV).
Abstract: Boys and girls at summer camp learn lessons in responsibility and friendship through an abandoned dog and a younger camper who both need care and attention. Through the children's efforts Scruffy finds a new home; little Eddie discovers the importance of good nutrition, hygiene and a positive self-concept through his admiration for

the older Leo. Leo also learns he's not too "cool" to teach the smaller boys how to take charge of himself.

0062
High feather, promo film New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (15 min.) : sd., col. ; 3/4 in. + teacher guide. (NAL Call No.: TX364.H52 F&N AV).
Abstract: An introduction to High Feather summer camp, and 8 highly individual campers and their counsellors, is designed to present the objectives of the film series "High feather" to teachers and other educators. Each camper characterizes certain habits, talents and problems; the underlying theme revolves around the building of good nutrition and exercise habits. Clips from the 10 program components show the action, excitement, adventure, and entertainment engendered in the search for good health and fun.

0063
Hold the ketchup produced by the National Film Board of Canada, Multicultural Program.
; Kish, Albert.; Pandi, George R.; Weintraub, William. (Ottawa, Canada) National Film Board of Canada 1977. 1 film reel (20 min.) : sd., col. ; 16 mm. + study guide (1 sheet). (NAL Call No.: TX360.C3H64 F&N AV).
Abstract: A film explains and provides junior high school students with insight into the cultural and historic reasons why different foods are eaten in various parts of the world. The film looks beyond the prepackaged and processed foods commonly used today to the widely available ethnic foods representing the mixing of cultures seen in the Western hemisphere. Nutrition and food preparation are stressed. Food preparation is shown in a home setting and in a restaurant (e.g., Chinese). (kbc)

0064
Hold the salt.
Silver Spring, Md. Health Skills, Inc. 1982. 1 game board (56 x 56 cm. folded to 56 x 28 cm.), 101 game cards, 6 playing pieces, 15 1 1/2" rubber bands, tally pad, 1 die and 5 booklets ; in box 30 x 58 x 5 cm. (NAL Call No.: TX553.S6H64 F&N AV).
Abstract: A school-based, community-oriented nutrition board game teaches 6th-7th grade school children how to reduce and control sodium (salt) consumption. The game may be played by 2-6 players. Four classroom and 2 cafeteria sessions with specific behavioral objectives and suggested activities concerning salt, sodium, and cardiovascular health are included. The board game identifies high and low sodium foods, teaches simple strategies for reducing sodium intake, and provides practice for tracing daily intake to stay within recommended dietary guidelines (1.1-3.3 g sodium for healthy adolescents and adults). A guide for developing parent outreach and community education components for controlling sodium intake also is provided. (wz)

0065
How healthy is your dietpresented by MTI Teleprograms Inc. -.
Northbrook, Ill. : MTI Teleprograms Inc., 1984. 1 videocassette (24 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX355.H68 F&N AV).
Abstract: Opening with 2 detectives spoofing an investigation of what people eat, this video emphasizes lack of knowledge regarding food composition. Dr. Mark Tager, MD, a health consultant, advocates the reduction of dietary fat, and a registered dietitian cautions the viewer to be aware of the sugar in food. A vignette of children operating a computer traces the course of sugar from a candy bar through the body metabolism, lists the kinds of sugar used in food products and gives nutritious alternatives to candy. Dr. Tager discusses the relation of salt and fluid intake to hypertension. A registered dietitian points out the fallacies of fad diets, the athlete's need for water replacement, and the effect of exercise on metabolism. She gives suggestions for preserving the fiber in fruits and vegetables and advocates moderation and variety in the food intake combined with exercise. (emc)

0066
The Innocent addictions Sunburst Communications, Inc. ; writer, Lauren Freudmann.
Pleasantville, NY Sunburst Communications 1982. Sound accompaniment for manual operation only -Intended audience: Junior and senior high school students. 2 filmstrips (ca. 77 fr. each) : col. ; 35 mm. + 2 sound cassettes (28 min. : 1 7/8 ips, mono.) + 1 teacher's guide + 1 script. (NAL Call No.: RC564.I5 F&N AV).
Abstract: A 2-part audiovisual program is presented for teenage students to convey accurate information on the abuse of seemingly innocent substances, and to provide information concerning what constitutes a healthful life pattern. Innocent addictions include consuming pretzels, cupcakes, salt, french fries, coffee, nasal sprays, sleeping aids, eye drops, and vitamins. Part 1 concludes by reminding viewers that moderation is important, including a discussion of sugar, salt, and caffeine intakes. Part 2 begins with a hospital emergency scene in which a patient (1 of 300,000 admitted annually) seeks treatement for a reaction to an excess exposure to a common over-the-counter drug. Various episodes illustrate the health hazards of these seemingly innocent addictions. A teacher's guide is included with the audiovisual materials. (wz)

0067
Integrated nutrition activities Ohio Department of Education, Nutrition Education and Training Program.
(Columbus, Ohio) The Dept. (1982).
"Developed by the Franklin County Department of Education under the

auspices of the Ohio Department of Education, Nutrition Education Section. -NET funded. ca. 1200 activity cards : col. ; 22 x 14 cm. in 4 boxes, 18 x 24 x 14 cm. each + 1 teacher's guide. (NAL Call No.: TX364.I548 F&N AV).
Abstract: A series of activity cards designed to teach nutrition concepts and basic skills in 5 major subject areas (language arts, science, math, health, and social studies) is divided into 4 grade clusters, each spanning two grade levels: K-2, 3-4, 5-6 and 7-8. Cards are color-coded and list the basic skill to be attained, a nutrition objective and one or more activity ideas which fulfill the objective. Activity suggestions include films, books, discussions, games, and individual and group activities. (js)

0068
Introduction to kitchen skills IER2.
Pleasantville, N.Y. Imperial Educational Resources 1981. Sound accompaniment compatible for manual and automatic operation. 2 filmstrips (183 fr.) : col. ; 35 mm. + 2 sound cassettes (29 min., 21 sec.) + 1 script + 1 set of materials for duplication + 1 metric cookbook marker. (NAL Call No.: TX651.I55 F&N AV).
Abstract: Basic techniques of simple and popular dishes are demonstrated during the preparation of a meal. Included are: the use of some basic tools, the advantages of planning and organization, tips on shopping, the importance of balanced nutrition, meal planning, safety, and energy conservation. Materials contain: student worksheets, recipes, lists of kitchen equipment, cooking terms, safety rules, and rules for kitchen organization. (kbc)

0069
Is a career in food preparation for you Counselor Films.
Philadelphia Counselor Films (1980?). 1 film reel (15 min.) : sd., col. ; 16 mm. (NAL Call No.: HF5381.I8 F&N AV).
Abstract: The food industry is growing and now employs over 2 million people in a broad range of specialized occupations. Workers are shown in all aspects of growing, harvesting, storing, preparing, processing, distributing, and serving food to demonstrate that career opportunities in this area involve widely varying skills. Young people are encouraged to explore different job options in food preparation: research, quality control, design engineering, food technology, food inspection, production, and distribution. Demands on this automated industry are increasing as the population expands and lifestyles change. New products on the market must meet high standards of nutritional quality and food safety. The industry needs skilled trade workers who have completed the necessary education, technical training, and apprenticeship. Anyone planning a career in food preparation should obtain as much information as possible about existing opportunities in this field. (nm)

0070
The Janie Carson Show.
; McWilliams, Margaret. Los Angeles, Calif. : Home Economics Dept., California State University, Los Angeles, 1984? . 1 videocassette (28 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL FNC TX392.J35 F&N AV).
Abstract: The Janie Carson Show is a spoof of television guest shows. The guests are Miss Cobalomin, an elderly lady; Miss Calcium, a country-western singer; Mr. Iron, a guitar player; and Nancy Nutrition, a registered dietitian. The theme of the show, vegetarianism, is woven around the concern that these diets may be short in certain nutrients. The interviews disclose the nutritional function, sources, effects of deficiency and daily requirements of the nutrients. (emc)

0071
Journey through the food exchangesDept. of Health Education, Mercy Hospital. -. Des Moines, Iowa : The Hospital, 1981. 1 videocassette (19 min.) : sd., col. ; 3/4 in. (NAL Call No.: DNAL Videocassette no.39 F&N).
Abstract: An instructional presentation depicts a dietitian teaching a client how to use food exchanges. The dietitian expplains the ideas of grouping foods of similar nutritional and caloric content, and names the groups. The client goes on a tour of the food groups, where she meets six characters, each representing a food group. Portion size and caloric value are stressed by each character. The exchange concept is conveyed when the client receives one or more coupons from each food group representative. First, the client meets a milk maid, who answers questions and displays sample milk products on a tray. She later tracks the coupons for portions of various foods during a meal planning exercise. The film is appropriate for teenagers and adults. (lg)

0072
Let's make a meal.
; Sternberg, Rick.; Domokas, Charles & Basic nutrition, let's make a meal. Los Angeles, Calif. Professional Research Inc c1981. Title on container: Basic nutrition, let's make a meal. 1 film reel (17 min., 30 sec.) : sd., col. ; 16 mm. + 1 study guide. (NAL Call No.: TX353.L48 F&N AV).
Abstract: The 4 food groups, nutrients, calories, and food choices, are defined to help the viewer understand the essentials of good meal planning. The film is accompanied by a test booklet with a nutrition knowledge pretest. Responses can be checked as the film demonstrates how knowledge of the 4 food groups, nutrients, calories, and food choices can enhance meal planning and help consumers maintain a positive nutrient intake. (kbc)

0073
A Little bit of everything Georgia Educational Television Network.
; Lyon, Greg. (Columbia, S.C.) Southern Educational Communication Association Nutrition Education Consortium 1980. Funded by SECA Nutrition Education Consortium and Agency for Instructional Television -CREDITS: Producer, director, Greg Lyon. 1 videocassette (14 min., 35 sec.) : sd., col. ; 3/4 in. -. (NAL Call No.: TX364.S638 no. 3 F&N AV).
Abstract: The focus of the third film in the series is on balancing meals using the Basic Four food groups as a guide. Teenagers are featured in skits which: create an analogy between the balance of sound in a band and the balance of nutrients in a diet; put a new twist on the story of Hansel and Gretel; and challenge the viewers to solve the mystery of the neglected nutrients. (js)

0074
Little things mean a lot.
New York, N.Y. Nutrition, Education and Training Program, Office of School Food Services, New York City, Board of Education, 1984? . NET funded. 1 film reel (14 min.) : sd., col. ; 16 mm. (NAL Call No.: DNAL FNC LB3475.L56 F&N AV).
Abstract: A live action film depicts students participating in the school food lunch program. A student describes how she and other students perceive the school lunch program, lunchroom and foodservice personnel. These perceptions begin to change when a nutrition committee is formed. The committee is created to improve adverse conditions, and focuses on the negative aspects of the school feeding programs. School personnel, parents and students participate in the nutrition committee. The purpose of the nutrition committee is to improve the school lunch program and handle complaints. (kbc)

0075
Minnesota makes it for you.
; Rawson, Rosemary. St. Paul, Minn. Nutrition Education and Training Program, (Minnesota Dept. of Education) 1980. NET funded. 94 slides : col. + 1 sound cassette (8 min.) + 1 discussion guide (5 p.). (NAL Call No.: HD9007.M6M55 F&N AV)
Abstract: A slide tape presentation provides an overview of Minnesota's role in world food production and the influence of agriculture and the food industry on the state's economy. Typical foods eaten by teenagers are traced from their origins in Minnesota fields, feed lots and dairy farms through processing in Minnesota-based corporations. The role of energy in food production and the food industry's response to the energy crisis are discussed. The accompanying discussion guide describes the purpose of the module, provides an overview, pretest with answer key and suggested topics for individual or group research and discussion. (js)

0076
Newtrition 7 The Polished Apple.
Pacific Palisades, Calif. The Polished Apple 1981. Sound accompaniment compatible for manual and automatic operation. 1 filmstrip (81 fr.) : col. ; 35 mm. + 1 sound cassette (11 min.) and teacher's guide. (NAL Call No.: TX364.N48 F&N AV).
Abstract: A computer-generated sound track helps to create a futuristic atmosphere which draws students' attention to the 7 USDA-HEW "Dietary Guidelines." Based on the idea that healthful eating is everyone's responsibility, the guidelines encourage all Americans to acquire better eating habits. Each guideline is explained in terms of nutrition questions young people might ask: "What should a person eat to stay healthy?" "Does eating too much sugar cause diabetes?" "Will a lower blood cholesterol level reduce the risk of heart disease?" "Are vitamin and mineral supplements necessary?" In answering these questions, the guidelines recommend avoiding excess intakes of sodium, sugar, fat, saturated fat, cholesterol, and alcohol; eating foods with adequate fiber and starch; maintaining ideal body weight; and eating a variety of foods (since no single food provides all the nutrients we need). (nm)

0077
Nutrients the movie.
; Koppelman, Howard.; Ramey, Jonna. Sacramento, Calif. California State Dept. of Education, Media Service Unit (1982?). NET funded. 1 film reel (15 min., 30 sec.) : sd., col. ; 16 mm. (NAL Call No.: TX552.N86 F&N AV).
Abstract: An entertaining film introduces and describes each of the 6 nutrient groups, their functions and sources. A variety of backdrops and characters are used to maintain interest. The importance of water is explained by Sea World trainers; Dracula expounds on the benefits of minerals, with emphasis on iron for healthy blood; and a female weight lifter describes the need for protein and her methods for combining vegetable proteins to make complete proteins. All scenes feature healthy young people engaged in active work or play, and reinforce the need for a variety of foods in the diet for optimal nutrition. (js)

0078
Nutrition, content and value of some common foods. Denoyer-Geppert.
Chicago Denoyer-Geppert 1978. Chart 41311. 1 chart : col. ; 117 x 140 cm. (NAL Call No.: TX357.N85 F&N AV).
Abstract: Illustrations relating to protein in food and digestive functions are shown in a wall chart. A graph depicts composition of 17 high protein food items (beef, veal, pork, milk, eggs, soya beans, lentils, peanuts); the percentages of protein, fat, carbohydrate, water, minerals, and ash are illustrated. Vitamin content (A, B1, C) is rated and calories per 100 g are stated. A diagram of the digestive tract

includes a description of each area (mouth, stomach, pancreas, liver, small intestine, and large intestine). Enzymatic activity is listed in a table; location, juice, enzyme involved, and action are stated. Finally, an enlargement of intestinal villi is shown. (rkm)

0079
Nutrition, foods the body needsNational Geographic Society.
Washington, D.C. : The Society, 1982.
Intended audience :
Primary-intermediate. 30 booklets (6 p. : ill. ; 28 cm.), 1 sound cassette (16 min. : 1 7/8 ips, mono.) and teacher's folder, in container ; 4 x 24 x 30 cm. -. (NAL Call No.: DNAL FNC TX355.N828 F&N AV).
Abstract: The teacher's guide in this kit contains an outline of the key points of the lesson, student objectives, concepts to be developed and suggested activities for each. The read-along cassette is the narration of the student booklet. A printed copy is supplied for each duplicating master for games, puzzles and other activities that reinforce the points of the lesson. The follow-up project sheets are designed to further explore the concepts of the unit (emc)

0080
Nutrition for sports, facts and fallacies Alfred Higgins Productions.
Los Angeles Alfred Higgins Productions 1981. 1 film reel (20 min.) : sd., col. ; 16 mm. + study guide. (NAL Call No.: TX361.A8N84 F&N AV).
Abstract: A number of true and false questions are asked and discussed concerning nutrition beliefs and the athlete. Athletes need more food than non-athletes. The athlete's diet should be different from the non-athlete's: specifically, high-carbohydrate rather than high-protein foods are best pre-competition meals, athletes do not need extra protein to build bodies, and extra vitamins do not improve performance. The nutrient most often in short supply is water. The material also illustrates that salt tablets may be dangerous, and that athletes require twice the caloric intake of most people. (wz)

0081
Nutrition for teen athletesproduced by Iowa State University, Extension Service.
Ames, Iowa : Cooperative Extension Service, Iowa State University, 198-? . "N-2557.". 80 slides : col. + 1 sound cassette (14 min.) + 1 script (14 p.). (NAL Call No.: DNAL FNC TX361.A8N85 F&N AV)
Abstract: The importance of nutrition for the teenager athlete is discussed. Nutrient intake affects body function, strength, endurance, flexibility and skills. Primary concerns for the athlete and his/her parents are diet, dehydration, and pre-competition meals. Each of these concerns is illustrated through case studies and examples. Activities that can reduce body fat and increase muscle tissue are demonstrated for a wrestler, as are the special needs of a teenage female runner. The development of eating habits that will help athletes accomplish their individual goals is emphasized. A definition of calories, what it means to count calories and what contribution foods make to calorie counting is included. Fluid intake, dehydration, sodium loss, heat, and risk factors are discussed. Examples of a pre-competition meal are given and recommendations are made regarding food/nutrient intake long before competition begins. (kbc)

0082
Nutrition for teenagers only (producer Lauren Freudmann).
; Freudmann, Lauren.& You have special needs.; Making food decisions.; A healthier you. Pleasantville, N.Y. Pleasantville Media c1982. Sound cassettes compatible with manual and automatic operation. 3 filmstrips (234 fr.) : col. ; 35 cm. + 3 sound cassettes (42 min.) + teacher's guide (50 p. ; 22 cm.). (NAL Call No.: TX361.Y6N87 F&N AV).
Abstract: Teenage nutrition is discussed in a 3-part series which includes: special needs; making food decisions; and health. Eating habits which can cause overweight or anemia are discussed. Teen life styles often conflict with food needs; choices are made for convenience rather than for nutritional needs. Specific situations are discussed to help teenagers better understand their nutritional needs and make good food choices consistent with their lifestyle and activity needs. For example, how does one select from the variety of nutritional information presented and know fact from fancy? What about energy requirements and how food choices affect physical activity? (kbc)

0083
Nutrition for the newborn authors Jacqueline Troutman, Jean Schultheisse ; consultants Patricia Wilhite, Linda Vickers.
; Troutman, Jacqueline.; Schultheisse, Jean. Malibu, Calif. The Polished Apple 1983. Sound accompaniment compatible with manual and automatic operation -Intended for new parents, parents-to-be, and junior and senior high school home economists and health education students. 3 filmstrips (221 fr.) : col. ; 35 mm. + 3 sound cassettes (43 min.) + 1 program guide. (NAL Call No.: RJ216.N777 F&N AV).
Abstract: All aspects of feeding a baby (breastfeeding, formula feeding and supplemental foods) are discussed in a 3 part series. Part 1 discusses the advantages and disadvantages of breast-feeding and the mother's role. Part 2 considers the adequacy of commercial and cow's milk formulas and provides information on their selection, preparation, and storage. Part 3 discusses additional foods an infant requires beyond either breast milk or formula. Discussion covers the methods

and schedules for introducing foods during the first year. The program is designed to help parents feel comfortable with their decisions on feeding their infant. (kbc)

0084
Nutrition for young people, food from source to you.
New York Guidance Associates 1978. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (78 fr.) : col. ; 35 mm. + 1 sound cassette (13 min.) + 1 sound disc (13 min. : 33 1/3 rpm, mono. ; 12 in.) + 1 teacher's guide. (NAL Call No.: TX355.N832 F&N AV).
Abstract: An audiovisual program is presented for 5th-8th grade children to illustrate how the US food supply is produced, processed, and transported from the farm to the consumer. As the program follows the production of the ingredients of a cheeseburger, it highlights the advantages and disadvantages of a food supply system that increasingly relies on complex technology. It also is pointed out that a highly important benefit of agribusiness is its provision of a wide range of food choices for a balanced diet. (wz)

0085
Nutrition for young people, how food becomes part of you.
White Plains, N.Y. Guidance Associates c1976. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (84 fr.) : col. ; 35 mm. + 1 sound cassette (14 min.) + 1 sound disc (14 min. : 33 1/3 rpm, mono. ; 12 in.) + 1 teacher's guide. (NAL Call No.: TX355.N8322 F&N AV).
Abstract: An audiovisual program, presented for schoolchildren in grades 5-8, demonstrates some of the basic processes by which the body turns food into tissue. The program traces the steps of digestion, illustrating and defining key terms--saliva, esophagus, peristalsis, enzymes, acids and other digestive juices, and osmosis. The program also: reviews the essential nutrients; focuses on the role of calories as a measure of food energy and energy expended in growth and activities; explains that fat cells store energy in the form of fat; and illustrates how proteins are degraded into amino acids, and how these recombine to make new proteins that form new cells. (wz)

0086
Nutrition for young people, vitamins and minerals.
New York Guidance Associates 1978. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (93 fr.) : col. ; 35 mm. + 1 sound cassette (18 min.) + 1 sound disc (18 min. : 33 1/3 rpm, mono. ; 12 in.) + 1 teacher's guide. (NAL Call No.: TX355.N8323 F&N AV).
Abstract: An audiovisual program is presentd for 5th-8th grade school children providing a description of 8 vitamins and minerals, and their role in promoting good nutrition and health. The material describes how vitamins and minerals are used in the body, and the best food sources for each. The importance of a varied diet is emphasized, and moderation is recommended in the use of vitamin and mineral supplements. This program should assist school children in identifying foods that are rich in essential vitamins and minerals, and in realizing that vitamin and mineral supplements are not a substitute for a balanced diet. (wz)

0087
Nutrition for young people, what foods people need.
White Plains, N.Y. Guidance Associates c1976. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (102 fr.) : col. ; 35 mm. + 1 sound cassette (14 min.) + 1 sound disc (14 min. : 33 1/3 rpm, mono. ; 12 in.) + 1 teacher's guide. (NAL Call No.: TX355.N8324 F&N AV).
Abstract: An audiovisual program, presented for schoolchildren in grades 5-8, reviews the essential nutrients and shows the students how science has studied food and identified the food groups. The program also shows how the 4 food groups help people to get all the nutrients they require. The program discusses the need for variety in the diet and emphasizes that sound nutritional practices need not be a set of rigid rules, but involve choice and responsibility of the individual. A teacher's guide is included. (wz)

0088
Nutrition for young people, what is food.
New York Guidance Associates 1976. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (74 fr.) : col. ; 35 mm. + 1 sound cassette (11 min.) + 1 sound disc (11 min. : 33 1/3 rpm, mono. ; 12 in.) + 1 teacher's guide. (NAL Call No.: TX355.N8325 F&N AV).
Abstract: An audiovisual program is presented for 5th-8th grade children to provide a basic understanding of the interdependence of all life forms, showing the relationship between the food people eat and the forms of life from which it comes. The program illustrates how people, animals, and plants are made up of the same basic chemicals (known as the essential nutrients): water, proteins, fats, carbohydrates, vitamins, and minerals. The concepts of photosynthesis, food chains, and food webs also are explained. (wz)

0089
Nutrition for young people, why people eat what they do.
White Plains, N.Y. Guidance Associates c1976. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (104 fr.) : col. ; 35 mm. + 1 sound cassette (15 min.) + 1 sound disc (15 min. : 33 1/3 rpm, mono. ; 12 in.) +

1 teacher's guide (28 p.). (NAL Call No.: TX355.N8326 F&N AV).
Abstract: An audiovisual program presented for schoolchildren in grades 5-8 explores the many factors that affect eating habits and food choices. These factors cover: the availability and cost of food; the sensations of hunger and fullness; the 5 senses and appetite; feelings related to past experiences with food and eating; advertised food messages; family and cultural customs and traditions; and peer group influences. The program defines the terms "eating habits" and "food choices" and provides, in understandable language for the students, a basic explanation of the kind of subconscious learning tht occurs in the development of eating habits and food preferences. (wz)

0090
Nutrition makes a difference Maclean Hunter Learning Resources ; (produced by) Visual Education Corporation.
New York, NY Maclean Hunter Learning Resources 1981. Sound accompaniment compatible for manual and automatic operation -Intended audience: Junior high school through college. 1 filmstrip (70 fr.) : col. ; 35 mm. + 1 sound cassette (16 min.) + 1 educators guide. -. (NAL Call No.: TX353.N877 F&N AV).
Abstract: A program provides high school students with information on the impact of nutrition on the body's chemical process, general feeling and appearance and with guidelines for meal planning. Small meals based on the 5 food groups (vegetable/fruit, bread/cereal, milk/cheese, meat/poultry, fish/bean, and fats/sweets) are discussed. The US Recommended Daily Allowances (RDAs) for nutrients are explained. Variety is stressed along with balance. The educator's guide includes: an activity sheet, selected vocabulary, discussion questions, and teaching tactics. (kbc)

0091
Nutrition spots Maryland State Dept. of Education.
Owings Mills Maryland State Dept. of Education 1980. 1 videocassette (4 min.) : sd., col. ; 3/4 in. + 1 poster (64 x 53 cm.). (NAL Call No.: TX364.N862 F&N AV).
Abstract: Thirty-second announcements presented by 8 television personalities who star in programs which appeal to children and teens stress the message that "You can't go wrong by eating right." Beginning with a picture of the celebrity as a youngster, each star tells why it makes good sense to eat nutritious foods such as fruits, vegetables, yogurt, fish, cheese and whole grains. (These foods make you look and feel better, keep you in good physical shape and help to start the day off right; foods low in sugar, fat and salt are much healthier than junk food.) Such stars as Willie Aames and Susan Richardson ("Eight is Enough"), Erik Estrada ("Chips"), Ron Glass ("Barney Miller"), Kevin Hooks ("White Shadow"), Jamie Farr ("M.A.S.H."), Scott Baio ("Happy Days") and Alison Arngrim ("Little House on the Prairie") show that kids need to be taught good eating habits.

0092
Nutrition, vitamin wise.
Glendale, Ca. AIMS Media, Inc. (1982).
Accompanying booklet entitled: Why 12 of your best friends are vitamins. 1 film reel (19 min.) : sd., col. ; 16 mm. + 1 study guide and 1 booklet. (NAL Call No.: TX553.V5N87 F&N AV).
Abstract: Twelve key vitamins (A, B12, C, D, B6, E, niacin, riboflavin, biotin, folic acid, pantothenic acid and thiamin) are discussed. Included in the discussions are the amounts needed, the US RDAs, food sources, and ways to prepare foods to retain their vitamin values. Nutrient requirements of pregnant women, for users of medication or oral contraceptives, smokers, drinkers, those with common colds, and those following polyunsaturated fat diets are addressed. (kbc)

0093
The Nutrition workshop Educational Activities, Inc.
Freeport, N.Y. Educational Activities 1978. 3 sound cassettes (135 min.) : 1 7/8 ips, mono. + teacher's guide and spirit masters.-. (NAL Call No.: TX364.N879 F&N AV).
Abstract: A workshop (part of the Body Workshop series), comprised of a teacher's guide, 3 cassette tapes, and duplicating masters, guides 4th-9th grade students through 12 short nutrition lessons. The workshop is self-directing and self-correcting, and can be used for individuals, small groups, or school classes in science, physical education, and health. Emphasis is placed on the basics of nutrition (nutrients, calories, food sources of energy, the basic 4 food groups), and on assisting the students in applying these basics to their daily lives (including diet planning to fit students' needs, and for meeting the required nutrients and calories). An evaluative test is included to assist the teacher in assessing the level of information obtained by the student, following the workshop. (wz)

0094
Nutritionfood for sport /Nathan J. Smith, Diana L. Massucco. -.
: Smith, Nathan J.; Massucco, Diana L. Washington : University of Washington, 1983? . Title from book.- Videocassette "Fueling the body for sport" and slide set "Nutrition : food for sport" accompany chapters of book. 1 videocassette (8 min.), 1 sound cassette (12 min.), 67 slides, 1 book ; 28 cm. (NAL Call No.: DNAL Kit no.16 F&N).
Abstract: "Nutrition: Food for Sport" is a complete program for coaches to present to their athletes. The presentation covers the importance of a well-balanced diet for optional physical condition. Nutrition-related problems encountered by some athletes are discussed, such as: indequate food

intake, concern about diet quality, what to eat before the game, and meeting the fluid needs of athletes in order to avoid heat disorders. The athlete is taught ways to achieve his energy need, while fulfilling his nutrient requirements. A Pre and post test is included in the leader's guide. (ls)

0095
Our changing diet.
Palatine, Ill. Learning Seed Co. c1982. Sound accompaniment compatible for automatic and manual operation -Title on container: The soft drink revolution. 2 filmstrips (125 fr.) : col. ; 35 mm. + 2 sound cassettes (30 min.) + 1 teaching guide (16 p.) + 2 spirit masters. (NAL Call No.: TX412.086 F&N AV).
Abstract: Potential dangers related to regular soft drink consumption are discussed for students and adults. Soft drinks have replaced milk, juices, and coffee as the beverage of choice for drinking both between and during meals. The average American consumes nearly 40 gallons of soda pop a year, a consumption rate equivalent to 8% of the daily caloric intake. While many of today's soft drinks began as tonics (e.g., for headaches and other assorted ailments), they now are a major contributor to the national US diet. (wz)

0096
Play for your life.
Phoenix, Ariz. : Dallas Saudt Co., 1985 . Title from container.- Instructional guide has title: The personal diet analysis gameplan : play for your life ; written by Brice L. Kratzer and Dallas W. Saudt. 1 sound cassette (10 min.) : 1 7/8 ips ; 4 x 2 1/2 in. + 1 instructional guide. (NAL Call No.: DNAL Audiocassette no.65 F&N).
Abstract: "Play for Your Life" is a program in the form of a personalized game designed to increase the user's awareness of nutrition requirements and food composition. The user keeps a daily record of the food he/she eats and analyzes its nutritional contribution to his/her dietary intake. By playing the game, the individual will learn whether or not his/her diet is nutritionally balanced, what weight is ideal for him/her, how he/she should improve his/her diet to better meet the nutritional requirements. The program comes with an instructional cassette, workbook, and information booklets. (ls)

0097
The Pressure can it kit.
Eau Claire, Wisc. National Presto Industries c1981. Sound accompaniment compatible with manual and automatic operation. 2 filmstrips (80 fr.) : col. ; 35 mm. + 1 sound cassette (12 min.) + 1 teacher's guide + 1 col. poster + 1 recipe booklet. (NAL Call No.: TX603.P73 F&N AV).
Abstract: Pressure cooking and canning is the topic of an instructional kit for school and college home economics courses and for education programs on home food preservation conducted by county extension agents. Students completing the activities in this kit should be able to: describe basic scientific food canning principles; use and understand home canning terms; explain the need for different processing temperatures for acid and low-acid foods; and prepare a variety of safe, delicious, and nutritious home-canned products using a pressure cooker. A wall poster illustrating unique fast food ideas is included. (wz)

0098
Pressure cooking produced by Cinemakers.
Eau Claire, Wis. National Presto Industries c1979. Title on container: I love pressure cooking because.. -Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (87 fr.) : col. ; 35 mm. + 1 sound cassette (16 min.) + 1 teacher's guide (25 p.) + 1 col. poster + 1 recipe booklet + 1 rotary dial. (NAL Call No.: TX657.C7P73 F&N AV).
Abstract: Pressure cooking is a unique cooking method that saves time and money, preserves the food's flavor and improves appearance of meals, prevents the loss of nutrients during cooking, and conserves personal and fuel energy. The kit teaches students to: use a pressure cooker with ease and confidence; describe ways to save time, money, and energy; understand the nutritional savings and why food cooks quickly under pressure; plan and prepare a pressure cooked meal; demonstrate proper use and care of the pressure cooker; and adapt recipes to pressure cooking methods. A cooking guide is included. (kbc)

0099
Put nutrition to work by Helen Kowtaluk ; produced by IAM Enterprises, Inc.
; Kowtaluk, Helen.& Good nutrition, true or false; (filmstrip); Energy balance, your key to weight control; (filmstrip); Choosing food for good nutrition; (filmstrip).; Mealtime, anytime; (filmstrip); Eating out; (filmstrip). Peoria, Illinois IAM Enterprises c1980. Sound accompaniment compatible for manual and automatic operation. 5 filmstrips (353 fr.) : col. ; 35 mm. + 5 sound cassettes (78 min.). (NAL Call No. TX355.P87 F&N AV).
Abstract: A 5-part audiovisual series (good nutrition, energy balance, choosing food for good nutrition, mealtime, and eating out) discuss the challenge of eating right in an effort to help students relate nutrition facts to their personal lives and good health. Topics include: what nutrients are and their functions; calories; food groups; meal planning; snacking; restaurant meals; and nutrient density. Students learn to apply nutrition information to daily food choices, through self-motivation. Each filmstrip has a script; a teacher's guide for the series includes: an opening format, a vocabulary list, review questions, and suggested activities and reference books. (kbc)

0100
Root vegetables:trash or treasure?.
Durham, N.H. : Nutrition at Work, University of New Hampshire, 1981? . NET funded.- Part of Vegetables with good munch program. 1 game board + 96 trash or treasure cards. (NAL Call No.: DNAL FNC TX392.R66 F&N AV).
Abstract: A teaching poster game focuses on root vegetables. The students are asked to name vegetables based on statements, to identify the part of the plant the vegetable comes from and what part of the plant is normally eaten. This game bears a resemblance to bingo. (kbc)

0101
Running the race for nutrition education Irving Independent School District.
Irving, Tex. Irving Independent School District 1979. Sound accompaniment compatible for manual operation only. 1 filmstrip (80 fr.) : col. ; 35 mm. + 1 sound cassette (11 min.). (NAL Call No.: TX364.R83 F&N AV).
Abstract: Poor food selection can contribute to poor nutrition and health; nutrition education programs are a good way to develop better eating habits. One means of accomplishing this is through the Youth Advisory Council; Council members can motivate fellow students, provide communication bridges among school, parents, and community, and originate nutrition programs. The School Food Service Assn. sponsors these activities at local and state levels for students who have demonstrated an interest in nutrition and a capability for leadership. The Council can set up a nutrition education committee, which will be responsible for activities planning, training, leadership, and information dissemination. Typical YAC projects are cafeteria decoration, kitchen tours, food evaluation and taste testing, menu planning, food preference surveys, and dramatic presentations to classes and citizens' groups. (cj)

0102
Running the race for nutrition education Irving Independent School District.
Irving, Tex. Irving Independent School District 1979. One sound cassette compatible for automatic and other for manual operation -NET funded. 80 slides : col. ; 2 x 2 in. + 2 sound cassettes (11 min. each). (NAL Call No.: TX364.R83 F&N AV).
Abstract: Poor food selection can contribute to poor nutrition and health; nutrition education programs are a good way to develop better eating habits. One means of accomplishing this is through the Youth Advisory Council; Council members can motivate fellow students, provide communication bridges among school, parents, and community, and originate nutrition programs. The School Food Service Assn. sponsors these activities at local and state levels for students who have demonstrated an interest in nutrition and a capability for leadership. The Council can set up a nutrition education committee, which will be responsible for activities planning, training, leadership, and information dissemination. Typical YAC projects are cafeteria decoration, kitchen tours, food evaluation and taste testing, menu planning, food preference surveys, and dramatic presentations to classes and citizens' groups. (cj)

0103
Shake the habit!learning to live without salt /written and illustrated by Linda Brown. -.
Brown, Linda. Malibu, CA : Polished Apple, 1982. 1 filmstrip (43 fr.) : col. ; 35 mm. + 1 sound cassette (12 min. : 1 7/8 ips. mono.) & program guide. (NAL Call No.: DNAL Filmstrip no.64 F&N).
Abstract: This filmstrip program offers a simple cartoon approach that skillfully teaches people of all ages how to live without salt and high sodium foods. Health benefits and precautions are discussed in an attempt to clarify to the viewer the reasons for lowering dietary sodium intake. The program identifies high sodium foods and suggests alternatives. It also offers practical tips on how to prepare flavorful meals without the use of the salt shaker. A program guide is included. (ls)

0104
Shopping sense, self-defense Georgia Educational Television Network.
; Lyon, Greg. (Columbia, S.C.) Southern Educational Communications Association Nutrition Education Consortium 1980. Funded by SECA Nutrition Education Consortium and Agency for Instructional Television -CREDITS: Producer, director, Greg Lyon. 1 videocassette (14 min., 3 sec.) : sd., col. ; 3/4 in. -. (NAL Call No.: TX364.S638 no. 9 F&N AV).
Abstract: The teenage cast learns about advertising and consumer skills as they attempt to obtain a fruit vending machine for the school and shop in the local grocery store. They find that advertisements can be misleading and that consumers need to be knowledgeable in label reading, unit pricing, open dating, and supermarket psychology. After carrying out an honest campaign the group is successful in obtaining the fruit vending machine but remains puzzled about misleading advertisements. (js)

0105
Skim milk skims body fat.
(s.l.) : American Heart Association, (1978?). 1 poster : col. ; 43 x 28 cm. (NAL Call No.: DNAL FNC S379.S56 F&N AV).
Abstract: A cow labeled "skim" is standing in a field of flowers. The poster's words read: "Skim milk-Skims body fat" and are a reference to the low calorie value of skim milk. It is also a reminder that skim milk has a place in a weight reduction diet. (emc)

0106
Slim Goodbody and your body SVE.
Chicago Society for Visual Education 1978. Sound accompaniment compatible for manual and automatic operation. 4 filmstrips (53, 44, 56, 41 fr.) : col. ; 35 mm. + 4 sound cassettes (7, 8, 8, 5 min.) and teacher's manual. -. (NAL Call No.: QP38.S52 F&N AV).
Abstract: Slim Goodbody wears a colorful body suit and performs original music to illustrate good health habits and proper care of the body; he instills a feeling of pride and understanding about the amazing functions that happen within the body. The first filmstrip is a conducted tour of the body's systems--cardiovascular, digestive, skeletal, muscular, and respiratory--presented along with the brain functions that control them. Keeping these systems healthy is the subject of part 2, emphasizing cleanliness, good posture, and understanding feelings. The third filmstrip explains the concept of food as fuel (how the body converts food to the uses of growth, maintenance and energy). The final part focuses on the needs for exercise and rest, and how they complement one another. The audience is encouraged to sing and do simple exercises along with the filmstrips. (cj)

0107
Social aspects of nutrition. planned and written by Bettie R. Rich.
; Rich, Bettie R. Gilman Hot Springs, Calif. Mt. San Jacinto College c1972. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (37 fr.) : col. ; 35 mm. + 1 sound cassette (15 min.) + 1 student worksheet and 1 post-test. -. (NAL Call No.: TX357.S58 F&N AV).
Abstract: The social, emotional and religious aspects of foods are presented. Four guidelines for an adequate diet and 6 factors influencing food intake are discussed. The Basic 4 Food Groups are introduced and general dietary requirements for the 5 different segments of the life span are discussed. An instructor's guide, a student worksheet (that contains 8 performance objectives), and a post-test are included. (kbc)

0108
Soul food cooking made easyButterick Publishing. -.
New York, N.Y. : Butterick Publishing, 1981. Sound accompaniment compatible for manual and automatic operation.~ Program consultants: Mary W. Bossart, Beatrice Cihak. 1 filmstrip (60 fr.) : col. ; 35 mm. + 1 sound cassette (8 min. : 1 7/8 ips, 1/2 track, mono.) + 1 educator's guide. -. (NAL Call No.: DNAL Filmstrip no.52 F&N).
Abstract: Soul Food recipes are easy to prepare and delicious to eat. A step-by-step cooking lesson demonstrates traditional cooking techniques for barbequed chicken, cornbread, and collard greens, emphasizing ease of preparation, as well as the nutritional content of traditional Black American cuisine. An educator's guide and activity sheets are included in this kit. (ls)

0109
Spending your food dollars Maclean Hunter Learning Resources ; (produced by) Visual Education Corporation.
New York, NY Maclean Hunter Learning Resources 1981. Sound accompaniment compatible for manual and automatic operation -Intended audience: Junior high school through college. 1 filmstrip (78 fr.) : col. ; 35 mm. + 1 sound cassette (18 min.) + 1 educators guide. -. (NAL Call No.: TX356.S67 F&N AV).
Abstract: The basics of smart grocery shopping are outlined for high school students in a program that emphasizes controlling food costs by planning food purchases (rather than impulse buying), and by carefully selecting foods according to nutritional value, freshness, and unit cost. A food bargain is only a bargain if it can be used before it spoils or is on sale again. Advantages and disadvantages of eating processed foods are explained. Tips on use of food coupons, reading labels, and knowing nutrient content are given. The educator's guide includes: an activity sheet, selected vocabulary, discussion questions, and teaching tactics. (kbc)

0110
Sports nutrition prepared by Lorri P. Porcello and Virginia M. Vivian.
; Porcello, Lorri P.; (Lorri Patton).: 1952-; Vivian, Virginia M. (Columbus, Ohio) OSURF c1980. NET funded -High school-College -Sound accompaniment compatible for manual and automatic operation. 4 filmstrips (289 fr.) : sd., col. ; 35 mm. + 4 sound cassettes (50 min.) + 4 posters + 1 skin caliper + 1 teacher's guide. (NAL Call No.: TX361.A8S65 F&N AV).
Abstract: The kit helps coaches provide sound sports nutrition information to secondary school athletes, with a goal of increasing athletic performance and preventing nutrition-related health disorders. A comprehensive review of nutrition as it applies to the young competitor, dispels some common misinformation and identifies basic nutrients. Other specific topics include: loss and gain of body weight (appropriate rates and methods); special nutritional concerns of the female athlete (caloric and iron requirements, anorexia nervosa, sports amenorrhea, dehydration, heat stress); and pre-game meal planning (adequate food, meal timing, fluid needs, food choices). A variety of behavioral objectives, activities, and evaluation questions to reinforce sports nutrition concepts is presented.

0111
Supermarket kit Abt Associates.
Cambridge, Mass. Abt Associates 1978. Includes teacher's guide, 360 item token cards, 16 color-coded section labels, shopping list cards, play money, 1 China marker, 2 paper caps, 1 pocket adder,

shopkeeper's apron pattern, receipt pad. 1 kit. (NAL Call No.: HF5469.S92 1978 F&N AV).
Abstract: Suggested activities and discussions, useable by an entire class (up to 33) of 4th-7th grade students, assist children in understanding and applying nutrition, economic, and consumer concepts to supermarket shopping. The kit provides a variety of items for student use (e.g., food item cards for listing or charging prices; color-coded labels for display cases; shopping list cards; play money (bills and coins); a pocket adder; white caps for stock and checkout staff; a shopkeeper's apron pattern; a receipt pad (with carbon); and a teacher's guide with activity sheets. Nutrition concepts covered include: importance of foods in the diet; major food categories; food and diet nutrients; how to preserve food values; and meal planning and its effect on the family's budget and health. A wide variety of mathematical skills are employed by students using this kit. (wz)

0112
Teens having babies Polymorph Films.
Boston, Mass. Polymorph Films 1983. Intended audience: Ages 12-18. 1 film reel (20 min.) : sd., col. ; 16 mm. (NAL Call No.: RG556.5.T44 F&N AV).
Abstract: Information and guidance are offered to help teenagers understand bodily changes during pregnancy and fetal growth and development. Topics discussed include: obtaining prenatal care, recognizing physical changes that occur during pregnancy and adjusting to them, understanding nutritional needs, coping with relationships, and preparing for delivery (prenatal delivery classes for mother and partner are shown). A birth sequence is included. (kbc)

0113
That's inedible.
Kildeer, Ill. Learning Seed Co. 1982. Booklet entitled Eating without myths -Sound accompaniment compatible for manual and automatic operation. 2 filmstrips (142 fr.) : col. ; 35 mm. + 2 sound cassettes(39 min.) + 2 duplicating masters + 20 booklets, (28 p.). (NAL Call No.: TX370.T46 F&N AV).
Abstract: A 2-part filmstrip with narration discusses common misconcptions concerning foods and eating, for students and the general public. Misconceptions discussed include: the myth of "wonder food" (as implied in advertisements of certain foods); edible vs. inedible food; the deficiency of knowledge in nutritional science; the use of vitamins as magic potions and cures; the benefit of excess protein intake; processed vs. natural food; dieting for weight maintenance; and the need for special foods for athletes. (wz)

0114
There's no magic Georgia Educational Television Network.
; Lyon, Greg. (Columbia, S.C.) Southern Educational Communications Association Nutrition Education Consortium 1980. Funded by SECA Nutrition Education Consortium and Agency for Instructional Television -CREDITS: Producer, director, Greg Lyon. 1 videocassette (14 min., 39 sec.) : sd., col. ; 3/4 in. -. (NAL Call No.: TX364.S638 no. 1 F&N AV).
Abstract: A 15-minute videotape featuring teenagers emphasizes the importance of and each person's responsibility for daily decision making. Steps in the decision making process are presented and applied to 2 situations: purchasing a bicycle and choosing a cafeteria lunch. The importance of nutrients, exercise and rest to bone, muscle and brain function and self concept are explained by a student instructor, with an emphasis on individual control of decision making. A short discussion-stimulating skit concludes the film. A malnourished teenage girl is granted 3 wishes from a genie who challenges viewers to tell her how to solve her nutritional problems. (js)

0115
Tip the scales in your favor Georgia Educational Television Network.
; Lyon, Greg. (Columbia, S.C.) Southern Educational Communications Association Nutrition Education Consortium 1980. Funded by SECA Nutrition Education Consortium and Agency for Instructional Television -CREDITS: Producer, director, Greg Lyon. 1 videocassette (13 min., 20 sec.) : sd., col. ; 3/4 in. -. (NAL Call No.: TX364.S638 no. 6 F&N AV).
Abstract: Effective weight management through sound dietary practices and exercise is encouraged in a variety of realistic situations. Skits featuring teenagers highlight the psychological, physical and social problems associated with being under or overweight. Diet misinformation is discussed and fallacies are illuminated. A weight control group offers dietary guidance and exercise for the featured teens with weight problems. The challenge to the audience is to devise a plan to gain or lose 10 pounds. (js)

0116
Today, tomorrow, forever Georgia Educational Television Network.
; Lyon, Greg. (Columbia, S.C.) Southern Educational Communications Association Nutrition Education Consortium 1980. Funded by SECA Nutrition Education Consortium and Agency for Instructional Television -CREDITS: Producer, director, Greg Lyon. 1 videocassette (13 min., 50 sec.) : sd., col. ; 3/4 in. -. (NAL Call No.: TX364.S638 no. 10 F&N AV).
Abstract: As the teens plan a block party they use the decision making procedure introduced in the first videotape of the series. They find that they need to consider economic, religious, cultural, physical, and age-related needs of their neighbors.

Experiences with their neighbors at the block party convince them that food choices can affect future health, that food needs vary with the stage of life and that aging is a natural process. The cast discusses stereotypes of aging and recognizes some positive aspects of growing older. The final challenge of the series asks the viewer, "What are you going to do with the rest of your life?" (js)

0117
Too much of a good thing?.
; Jerome, Norge W.; Poland, Carole I. Shawnee Mission, Kan. : Marsh Film Enterprises, 1975? . 1 filmstrip (57 fr.) : col. ; 35 mm. + 1 sound cassette + teaching guide. (NAL Call No.: DNAL Filmstrip no.5 F&N).
Abstract: This color/sound filmstrip is designed for intermediate grade students. Indirectly attacking the problem of obesity in the young, this filmstrip stresses good nutrition and proper eating habits as one of the most effective weapons in weight control. Action photographs and colorful cartoons compare the human body to a power plant by parallelig the energy needs and outputs of each. Foods from the four food groups are shown, as well as popular snack food items to help the viewer make wiser food choices and encourage the development of nutritious eating habits. A teaching guide accompanies the program. (ls)

0118
Weight controlproduced for Extension Service, United States Department of Agriculture under the supervision of Evelyn B. Spindler. -.
Spindler, Evelyn B. Wheaton, Ill. : Double Sixteen, 198-? . "DFC 105."~ "A Double Sixteen Production.". 1 filmstrip (32 fr.) : col. ; 35 mm. + 1 sound cassette (5 min., mono). (NAL Call No.: DNAL Filmstrip no.63 F&N).
Abstract: This cartoon filmstrip designed for 12-year-olds to adults uses an overweight family to examine the principles of weight reduction, and the common problems which can contribute to obesity in the general public. The filmstrip discusses why people tend to overeat and gives examples of how sedentary most people's lives have become. The overweight cartoon family decides to lose weight for health, beauty, and social reasons. The program gives suggestions for weight reduction, such as how to choose foods and increase activity level. At the end of the filmstrip the characters Cal, Lori, and Candy, are a thin and happy family. (ls)

0119
What's cooking.
; Treiman, Jane.; Moore, Michael.; Davison, Peter. Los Angeles Calif. Churchill Films 1979. CREDITS: Director, editor, Jane Treiman; sound, Michael Moore; original music, Peter Davison. 1 film reel (14 min., 40 sec.) : sd., col. ; 16 mm. + study guide (1 sheet). (NAL Call No.: TX360.U6W45 F&N AV).
Abstract: Traditional ethnic meals are prepared in 5 typical family kitchens. Children help with the preparations and express their feelings and opinions about food as the dishes are assembled. Cultural differences are expressed throughout the Mexican, Chinese, Italian, Anglo and Black-American meals; the meals demonstrate that nutritional needs can be met by a wide variety of foods. (kbc)

0120
Your health, it's your responsibility Sunburst Communications.
Pleasantville, N.Y. Sunburst Communications, Inc. 1981. Teacher's guide includes script material, lifestyle quiz and bibliography ~Intended audience: Senior high school students. 3 filmstrips (234 fr.) : col. ; 35 mm. + 3 sound cassettes (43 min.) + 1 teacher's guide (50 p. ; 22 cm.). (NAL Call No.: RA777.Y68 F&N AV).
Abstract: Wellness is discussed in a 3 part series for high school students that covers: health concerns; the importance of personal choice; factors that contribute to health and those that detract from it; 5 components of a wellness lifestyle; how to assess one's own lifestyle; and how to design and implement a wellness program. Part 1 traces the history of medical advances; the decline of infectious diseases; and looks at factors identified with longer life expectancy. Part 2 discusses the 5 dimensions of wellness: stress management, nutrition, fitness, health and safety, and self image. Part 3 compares treatment for illness, disease prevention, and health promotion. The emphasis is for students to decide now to make basic decisions that will affect their wellness. (kbc)

0121
4 Health reports.
; Rawson, Rosemary.& It matters what you eat. St Paul, Minn. Nutrition Education and Training Program, (Minnesota Dept. of Education) 1980. NET funded. 134 slides : col. + 1 sound cassette (15 min.) + 1 discussion guide (5 p.). (NAL Call No.: TX357.F68 F&N AV).
Abstract: A slide/tape presentation with a discussion guide features teenagers in positive, active roles making their own health-nutrition decisions. Faced with an assignment to research current health issues, each teen decides to focus on one of the following topics: weight control techniques, heart disease, vegetarian diets and nutrition for athletes. Diet techniques, discussed with a nutritionist, allow the first reporter to identify characteristics of a good weight loss plan. A student whose grandfather experienced a heart attack discusses the heredity/diet interaction with heart disease. The vegetarian diet report defines complete, incomplete, and complementary proteins and explains eating habits and nutritional needs of vegans and lacto-ovo-vegetarians. The fourth teen, active in competitive athletics, discusses myths related to protein needs, salt replacement, pre-game meal planning and special body

building foods. The discussion guide provides a pre-program exercise, overview and brief background information for the teacher, and suggested topics for individual research topics. (js)

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II. BOOKS AND PRINT MATERIALS

0001
The ABC's of nutrition educationa learning system for primary and intermediate grades /Susan Davis ... et al. .
; Davis, Susan. Manhattan, Kan. : Dept. of Foods and Nutrition, Kansas State, 1983. Container title. 16 folders + 2 sets of food cards. (NAL Call No.: DNAL FNC TX364.A232 F&N AV).
Abstract: This learning system is designed to teach primary and intermediate students about nutrition. Materials for the primary grades include a card game; a teacher's self-instruction guide; 7 learning activities with accompanying graphics; activities to reinforce and explain major concepts; learning objectives and suggestions for integrating the lesson into subject matter areas. The system for intermediate grades includes a student introduction activity, a card game, 5 learning activities which include lesson rationale, concepts and learning objectives plus ideas for integrating the lessons into various subject matter areas. A teacher orientation and student summary are included. The nutrients featured are: vitamins A, B, and C, iron, calcium and protein. A section on Sports Nutrition is also included. (kbc)

0002
Activities for teaching nutrition / Carol R. Schmelzel.
Schmelzel, Carol R. Ft. Atkinson, Wis. Nasco 1980. Includes 8 activities spirit duplicating masters. 11 p. : ill. (NAL Call No.: TX364.S37 F&N E-3697).
Abstract: A series of 8 learning activities can be used to teach nutrition topics to intermediate and secondary level students. Puzzles, quizzes, teaching suggestions and word games are designed to increase students' understanding and awareness of nutrition terminology, the 6 nutrient groups, the Basic Four Food Groups, the body's needs for and utilization of nutrients, and correct food handling methods to preserve nutrient content. (cj)

0003
Breakfasts blahs vs. protein power plus / (prepared by I am what I eat, Nutrition Education and Training Project, Natick Public Schools).
(Natick, Mass.) Natick Public Schools 1980. NET funded. 1 folded sheet (6 p.) : ill. ; 23 cm. (NAL Call No.: TX733.B71 F&N C-2460).
Abstract: Informative leaflet stresses the importance of consuming protein-containing breakfast foods. Nutritious alternatives to commonly used breakfast items and recipes for some of them are given. (js)

0004
The chemistry of food : a consumer chemistry learning activity package / by Denise Eby and Roger Tatum.
Eby, Denise. ; Tatum, Roger. Seattle Unigraph 1978. Includes teacher's guide and 34 spirit masters. 1 v. (various pagings) : ill. -. Includes bibliography. (NAL Call No.: TX545.E2 F&N E-3700).
Abstract: A set of learning activities on food chemistry is designed to supplement a high school chemistry course or to be part of a series on consumer chemistry. Emphasis is placed on the application of basic nutrition concepts to real life experience, thereby increasing knowledge of chemical principles and awareness of consumer economics. Three major nutrients--carbohydrates, fats, and proteins--are explained. Laboratory activities include determination of fat saturation; extraction of fat from milk, investigation of chemical reactions of baking powders, and a comparison of food energy yields. This information is applied to the interpretation of food labels, use of nutrients by the body, and selection of a nutritious diet. Concepts discussed include hydrogenation, polymers, oxidation, and fermentation. (cj)

0005
Cherokee home economics, food and nutrition curriculum / written by Jody Adams, Mary Ann Bass . -.
Adams, Jody. ; Bass, Mary Ann. Cherokee, N.C. : Health Delivery System, 1982? . Cover title. 78 leaves : ill. ; 28 cm. (NAL Call No.: DNAL FNC TX364.A33 F&N E-4502).
Abstract: A 3 week food and nutrition curriculum for junior or senior high school students is designed to introduce nutrition principles and concepts within a home economics program. Ten behavioral objectives are identified which the students should be able to attain upon completion of the 15-day unit. For each day a topic to be studied is identified, such as nutrition and you. An objective is stated, and activities/resources/evaluation are listed. Worksheets are included with supporting graphic illustrations. Puzzles and other instructional activities are designed to supplement the textbook materials. This curriculum is designed to be used with the text "Discovering nutrition." A student-opinion form is appended. (kbc)

0006
A Compendium of exemplary school health education classroom programs and teaching/learning resources /Department of Health and Human Services ... et al. . -.
Washington, D.C.? : The Dept., 1984. Includes index. iv, 235 p. ; 29 cm. (NAL Call No.: DNAL RA440.3.U5C6 1984).
Abstract: To assist others in developing and conducting more effective school health education curricula is the objective of this compliation offered by the U.S. Department of Health and Human Services. An extensive search of information about operational classroom health education curricula and teaching/learning resources to enhance health education in school settings (Grades K-12) has resulted in 50 programs for model use, representing all regions of the U.S. Health curriculum

projects on adolescent decision making, nutrition, heart health, sexuality, mental health, eye health and alcohol education--presented in a format of descriptors, goals, description, materials and implementation requirements, evaluation, funding, and contact are some of the topics covered in Section I. Section II deals with special resources supporting health curricula; these include American Red Cross programs, American Heart Association and the National 4-H Council. Resources offered in Section III include National Organization lists, Federal Clearinghouses and school health contact persons in public h ealth capacities.

0007
Contributions to U.S. recommended daily allowances / transcribed by Nancy G. Kuhns.
Allentown, Pa. Lehigh Valley Braille Guild 1981. Originally published: Chicago : National Dairy Council, 1974 -"8043 1 1974.". 2 v. of braille : printed ill. ; 29 x 30 cm. (NAL Call No.: TX551.C65 1981 F&N B-3508/09).
Abstract: The nutrient values of 57 commonly eaten foods are graphically presented in Braille. The bar graphs demonstrate that a varied diet is necessary to insure adequate nutrients from foods, since foods may be excellent sources of some nutrients and poor sources of others. The graphs permit comparison of nutrient profiles for calories, protein, calcium, iron and some vitamins. Nutrition educators may use the graphs in learning activities on meal planning or food purchasing. Students learn to select foods which are low in calories but high in nutrients.

0008
Curriculum guide, an integrated inter-disciplinary approach for health, nutrition education, physical education, mental health, drug education, economics, safety /Caswell County Schools. -.
Yanceyville, N.C. : Caswell County Schools, Food Service Division , 1981. NET funded.- "Developed to fulfill objective 1.1 Project TEEN.". 186 p. in various pagings ; 29 cm. Includes bibliographies. (NAL Call No.: DNAL FNC TX364.P767 F&N B-3494).
Abstract: A multi-grade curriculum guide provides an inter-disciplinary approach to health and nutrition education, physical education, mental heath, drug education, economics, and safety for school children from kindergarten through senior high school. The guide includes key concepts for each of 4 grade groups (kindergarten through grade 3; grades 4-6; grades 7-8; grades 9-12), and incorporates mathematics, science, language arts, and social studies. Various process skills (e.g.: for observing, classifying, computing, communicating, measuring, predicting, inferring, and interpreting have been included to expose students in each grade group to a variety of thinking and learning experiences. Teachers can select topical teaching strategies from the appropriate levels to meet the needs of individuals in the class. A listing of appropriate kits, games, cookbooks, Time-Life Series books, curriculum guides (and other teacher resource materials), texts, and audiovisual materials, is appended. (wz)

0009
Curriculum materials designed for home economics teachers.
(St. Paul, Minn. Minnesota State Dept. of Education 1981?). NET funded. 36 leaves : ill. ; 30 cm. -. Bibliography: leaves 35-36. (NAL Call No.: TX364.N77874 F&N E-4181).
Abstract: Three junior and six senior high school lesson plans are included in an integrated nutrition education/home economics unit. Nutrient needs (functions and sources), and factors affecting food decision making and weight control are the focus of the junior high lesson. In senior high sessions, students analyze nutrition information sources (labels, dietary guidelines) and apply this information to food preparation and selection. Lesson plans, based on specific learner outcomes, provide background content, methods for conducting the activity, and list materials needed and evaluation methods. Activity sheets, suggestions for laboratory experiments, tests and a resource list are included. (js)

0010
Curriculum materials designed for physical education teachers.
(St. Paul, Minn. Minnesota State Dept. of Education 1981?). NET funded. 30 leaves : ill. ; 30 cm. -. Bibliography: leaf 30. (NAL Call No.: TX364.N77873 F&N E-4180).
Abstract: Lesson plans for 5 junior high class periods and 3 senior high class periods stress the importance of water replacement during physical activity and help students identify and experience factors which affect water loss. Lesson plans, based on stated learner outcomes, provide lesson content information, methods for conducting activities, materials needed and evaluation techniques. Sample test questions and a brief resource list are included. (js)

0011
Curriculum materials designed for social studies teachers.
(St. Paul, Minn. Minnesota State Dept. of Education 1981?). NET funded. 24 leaves : ill. ; 30 cm. -. (NAL Call No.: TX364.N77876 F&N E-4183).
Abstract: Three high school social studies lesson plans deal with the complex factors (especially advertising) which influence food choices and menu planning. Each activity lesson is based on stated learner outcomes and provides teaching information, methods for conducting classroom activities, demonstrations or experiments, a list of materials needed and suggested evaluation methods. (js)

0012
Design for health teacher's guide /contributors: Marcia Butman ... et al. ; editors: Sara Freedman, Sandra Hackman. -.
; Butman, Marcia.; Freedman, Sara.; Hackman, Sandra. Somerville, Mass. : Project Outside Inside, Somerville Public Schools, c1980. iii, 183 p. : ill. ; 28 cm. Includes bibliographies. (NAL Call No.: DNAL TX355.D47).
Abstract: The teacher's guide to an activity-centered health curriculum focuses on fitness, weight control, self-image, and nutrition for junior high school students. This guide provides supplemental information to each of the 4 units of the health curriculum. Each unit has 6 sections: 1)Purpose and content; 2) Educational objectives including vocabulary, materials needed, and additional activities; 3) Background information; 4) How to integrate this information into other subjects; 5) Worksheets; 6) Resources. Each section within a unit is separated by colored paper. Before the 7 week curriculum is implemented several activities are recommended, such as ordering recommended films, preparing students by asking them to record certain information, and collecting materials. Suggestions are given for activities to reinforce learning, develop ways to implement a strategy for change, and student-created plays on the topics presented. (kbc)

0013
Discovering food /Helen Kowtaluk ; educational consultant, Ann McGill. -.
Kowtaluk, Helen. ; McGill, Ann. Peoria, Ill. : Bennett Pub. Co., c1982. Includes index. 192 p. : ill. (some col.) ; 27 cm. Bibliography: p. 188. (NAL Call No.: DNAL TX663.K69 1982).
Abstract: The principles of meal planning, basic cooking techniques, the preparation of specific types of foods, and ways of serving food are presented in this introductory cooking text. An understanding of the following is required before beginning to cook: 1) meal planning, 2) recipe usage, 3) basic kitchen equipment and appliances, 4) food safety, 5) food purchasing, 6) basic measuring methods, and 7) basic cooking techniques. Types of foods for which preparation is discussed include milk, cheese, thickening agents, meat, poultry, fish and shellfish, eggs, soups, fruits, vegetables, salads, grain products, breads, cakes and cookies, pies, and beverages. Food service aspects presented include dinnerware, flatware, the cover, setting the table, types of foodservice, and table behavior. Chapter features include "Consumer's Corner" which provides explanations of different forms in which foods can be purchased, and "Actiontime" which reviews and applies information that has been presented. Additional features are a glossary of cooking terms, recipes, a number of tables, charts, and diagrams, and a subject index. (aje)

0014
Discovering nutrition / H. Kowtaluk.
Kowtaluk, Helen. Peoria, IL. Bennett 1980. (2) v. : ill. Bibliography: p. 220. (NAL Call No.: TX355.K62 F&N E-3360/1).
Abstract: Nutrition education and awareness is explained to junior high school children in textbook form. Areas discussed include explaining the importance of nutrition to good health, how nutrients work in the body, establishing a personal nutrition program and ideas for purchasing, storing, and preparing food. Children are encouraged to take an active role in meeting their nutrition needs. Foods should be prepared by methods that do the least nutritional damage and are lowest in calories. Potatoes should be baked in their skins, not french fried. Meals should be balanced and not consist of a bag of potato chips. Appendix lists the nutritional composition of common foods. A workbook accompanies the text.

0015
Eat for good health =Ta'umafa mo lou soifua maloina /prepared by Fa'aluaina Pritchard ; typed by Luipapa P. Laumoli. -.
Pritchard, Fa'aluaina. American Samoa : Nutrition, Education and Training Program, Dept. of Education, American Samoa, 1983 . NET funded.- Cover title: Tips for teachers, food service personnel and administrators. 51 p. : ill. ; 22 x 28 cm. Includes bibliographical references. (NAL Call No.: DNAL FNC TX355.P68 F&N E-4508).
Abstract: Guidelines for providing nutrition education to junior and senior high school children, nutrition facts, and projects are included in a handbook with full-page per month daily calendars covering the Fall 1983-Spring 1984 school year, nutrient charts, and other nutritional information. Information also is included for low, medium, and high calorie food servings for each of 5 basic food groups. The material is arranged to provide a continual progression of nutrition facts to the students over the full school year. Some information is provided in the Samoan language. (wz)

0016
Eat to compete a workbook on proper eating habits for teenage athletes / the authors are Amy P. Block, Joanne Ikeda . -.
Block, Amy P. ; Ikeda, Joanne. Berkeley, Calif. : Division of Agricultural Sciences, University of California, 1982. Cover title. 33 p. : ill. ; 22 x 28 cm. Bibliography: p. 33. (NAL Call No.: DNAL FNC TX361.A8B57 F&N C-2874).
Abstract: Factual nutrition information and suggestions for improving personal eating habits are discussed in this workbook for athletes and physically active individuals. Classes of nutrients important to athletes, including protein, carbohydrates, fats, vitamins, minerals, and water are discussed. Other topics include 1) sources of energy and

caloric requirements of physical activity, 2) fluid replenishment, 3) components of a balanced diet, 4) sodium, potassium, magnesium, and calcium needs. Worksheets and evaluation guidelines are provided for personal dietary analysis, and suggestions are given for making appropriate dietary changes. Weight management guidelines and practical tips for before, during, and after exercise are presented. Additional features include a calorie chart, daily food guide, sample menus, and a quiz on nutrition myths and facts (with answers and explanations). References for further reading are provided. (aj)

0017
Educators' challenge--healthy mothers, healthy babies a framework for curriculum development in responsible childbearing, pre-school through high school /compiled and written by Dorothy Dolph Zeyen. -.
Zeyen, Dorothy Dolph. Alexandria, Va. : Association for Supervision and Curriculum Development ; White Plains, N.Y. : March of Dimes Birth Defects Foundation, c1981. "Cooperative project developed by the Association for Supervision and Curriculum Development through a grant from the March of Dimes Birth Defects Foundation.". 64 p. : ill. ; 28 cm. Includes bibliographies. (NAL Call No.: DNAL RG973.Z49).
Abstract: A framework for development of curriculum in 4 areas that affect decisions about responsible childbearing is offered in this guide. It is intended for use by educators of children preschool through high school and by agencies involved in health and parent education. Concepts, goals, focuses, and points of information are centered around nutrition, environment, genetics, and human growth and development. Suggestions for developing these concepts are aimed at 5 educational levels: preschool/kindergarten, primary, elementary, middle school/junior high, and senior high. This framework is offered based on the importance of providing skills and knowledge to help prospective parents make informed decisions about the conditions under which to have and care for as healthy a child as possible. (as)

0018
EnerGy thRu nUtritive Basics / California Nutrition Education & Training Program.
Rowland Heights, Calif. Rowland Unified School District 1979. NET funded. 4 v. (loose-leaf) : ill. ; 30 cm. (NAL Call No.: TX364.E57 F&N B-3318/21).
Abstract: A multidisciplinary approach to nutrition education, correlated with the food service program includes curriculum/activity guides for grades K-8, high school home economics and vocational food service classes. Lessons are designed to meet minimum proficiencies of the California Nutrition Education Program. Topic areas for all grade levels are: food choices, food related careers, consumer competencies, and food handling/protection. Each lesson plan outlines the minimum proficiency level activity, the lesson content, student activity sheets for reinforcement or evaluation, learning experiences and related activities. A Unit Resource list suggests appropriate audiovisuals and games. (js)

0019
Experiencing health /Daniel A. Girdano, Dorothy Dusek, George Stotelmyer Everly. -.
Girdano, Daniel A. ; Dusek, Dorothy.; Everly, George Stotelmyer,_1950. Englewood Cliffs, N.J. : Prentice-Hall, c1985. xx, 506 p. : ill. ; 23 cm. Includes bibliographies and index. (NAL Call No.: DNAL RA776.G57).
Abstract: An informative, illustrated text for high school and college students focuses on physical and mental health promotion and health risk reduction. Factual guidelines are given for: growing old healthfully; coping with death and dying; emotional health; stress management; physical fitness and exercise; diet; weight management; the effects of alcohol abuse and cigarette smoking; the effect of psychoactive drugs on brain function; relationships, marriage, and sex; influences of pregnancy, childbirth, and genetic factors on personel health; and various health risks (communicable and non-communicable diseases; environmental pollution hazards). Information on consumer health, the US health care system, personal health records maintenance, and advances in holistic techniques and practices is included. A personal health and wellness profile questionnaire introduces each of the 22 text chapter themes. Emergency first-aid measures and nutritive values of foods are described in separate appendices. (wz)

0020
Fit for life program : a commitment to fitness / developed by Purdue University.
West Lafayette, Ind. Purdue Research Foundation c1981. NET funded -Cover title: A program for fitness and weight control. 1, 130 p. : ill. ; 28 cm. (NAL Call No.: TX364.F48 F&N E-4004).
Abstract: A curriculum for use in junior and senior high schools has two components; nutrition education and aerobic conditions, stressing the importance of good eating and exercise habits, respectively. These two areas are combined to help teach students how to achieve and maintain adequate physical fitness and prevent obesity. It is designed to be taught by health, science or physical education teachers. Each chapter consists of a statement of purpose and concepts, objectives, basic background information for the teacher and activities designed to teach chapter concepts. A parental involvement unit includes an outline for a parent night and 5 letters about various topics related to fitness. The final unit contains materials for self help and

monitoring of obese students who desire additional assistance. (js)

0021
Florida nutrition education : a basic skills approach: all together now, schoolwide activities grade 7-9 / (developed by Iris R. Yetter, Zack A. Wuthrich).
Yetter, Iris R. ; Wuthrich, Zack A.& All together now, schoolwide activities. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded -Cover title -Includes nutrition test booklets for middle school form G and form H. 1 v. (various pagings) : ill. ; 28 cm. + 2 test booklets (11 leaves each). (NAL Call No.: TX364.E562 F&N E-3958).
Abstract: A set of 7 school-wide activities for students in grades 7-9 provides special learning experiences in nutrition outside of the regular classroom environment. Using the cafeteria as a learning center, school food service personnel, teachers, and students plan activities around the following lesson topics: lunch preference survey, lunch meal planning, meal of the future art activity, national origin of foods, health newsletter, and food preservation methods. Each lesson has a standard format which briefly describes the activity and its goals, educational objectives, background information and recommendations for activity implementation, resources needed, and step-by-step methods for lesson development. Two 50-question multiple choice nutrition tests are included for cognitive evaluation. (js)

0022
Florida nutrition education : a basic skills approach: Grades 7-9 lessons and activities.
Tallahassee, Fla. MID-NET Project, Florida State University c1980. NET funded -Cover title. 1 v. (various pagings) : ill. ; 30 cm. (NAL Call No.: TX364.F563 1980 F&N E-3948).
Abstract: A draft of lesson plans and activities for trial and testing purposes integrates nutrition education into mathematics, social studies, language arts and science for grades 7-9. At least 9 lessons are provided which reinforce basic skills and objectives in each academic subject area. Seven schoolwide activities provide special learning experiences outside of the classroom environment. Each lesson contains a description of the skills and nutrition concepts taught by the lesson, expected student outcomes, pertinent background information, a list of materials and resources needed and directions for conducting the activity. Student worksheets and answer sheets also are provided. (js)

0023
Florida nutrition education : a basic skills approach : language arts, a word or two about nutrition, grades 7-9 / (developed by Nancy Z. Watson and Zack A. Wuthrich).
Watson, Nancy Z. ; Wuthrich, Zack A.& Language arts, a word or two about nutrition.; A word or two about nutrition. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded -Cover title. 1 v. (various pagings) : ill. ; 28 cm. (NAL Call No.: TX364.F558 F&N E-3950).
Abstract: A set of 11 activities, designed to incorporate nutrition information into the language arts curriculum, provides practice in basic skills of punctuation, capitalization, vocabulary development, dictionary use, listening and comprehension. Nutrition topic areas include popular diets, diet and acne, social and psychologcal aspects of food, vitamins and minerals (functions, deficiencies), food poisoning, nutritional labeling and advertising. Each lesson contains a description of skills and nutrition concepts taught, expected student outcomes, brief nutrition background information (including questions or issues for discussion), a list of materials and resources needed and a step-by-step description of how to conduct the activity. Student worksheet masters and answer keys are included. (js)

0024
Florida nutrition education : a basic skills approach: math, counting on nutrition, grades 7-9 / (developed by Pamela H. Allen and Zack A. Wuthrich).
Allen, Pamela H. ; Wuthrich, Zack A.& Math, counting on nutrition.; Counting on nutrition. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded -Cover title. 1 v. (various pagings) : ill. ; 28 cm. (NAL Call No.: TX364.F559 F&N E-3951).
Abstract: A set of 8 activities is designed to incorporate nutrition information into the math curriculum reinforcing basic skills and objectives, such as addition and multiplication of two and three place digits, addition and subtraction of decimals, interpretation of bar and circle graphs, and multiplication and division of fractions. Nutrition topic areas include: proteins (sources and function), determination of calorie value through food composition, iron, caloric requirements, consumer education and recipe adjustment. Each lesson contains a description of skills and nutrition concepts taught, expected student outcomes, brief nutrition background information, a list of materials and resources needed and a step-by-step description of how to conduct the activity. (js)

0025
Florida nutrition education : a basic skills approach : science, the nutrition connection, grades 7-9 / (developed by Sheila A. Hill and Zack A. Wuthrich).
Hill, Sheila A. ; Wuthrich, Zack A.& Science, the nutrition connection. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded -Cover title. 1 v. (various pagings) : ill. ; 28 cm. (NAL Call No.: TX364.F56 F&N E-3955).

Abstract: A set of ten activities is designed to reinforce nutrition concepts of the science and health curricula for students in grades 7-9. Lesson topics include energy balance, effects of the life cycle on food choices, proper food handling to prevent spoilage and food-related disease, food additives, nutrient absorption, fad diets, and determination of the energy value of foods. Each lesson consists of a description of the basic skills and nutrition concepts taught, expected student outcomes, brief background information for the teacher (including questions and issues for discussion), a list of materials and resources needed, and a step-by-step description of how to conduct each activity. Student worksheet masters and answer keys are included. (js)

0026
Florida nutrition education : a basic skills approach: social studies, the social study of nutrition, grades 7-9 / (developed by Peggy G. Perkins and Zack A. Wuthrich).
Perkins, Peggy G. ; Wuthrich, Zack A.& Social studies, the social study of nutrition.; The social study of nutrition. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded ~Cover title. 1 v. (various pagings) : ill. ; 28 cm. (NAL Call No.: TX364.F561 F&N E-3981).
Abstract: A set of 9 activities is designed to reinforce the nutrition related content of the 7th-9th grade social studies curriculum. Activity topics include, world food supply, contrasting lifestyles, food facts and fallacies, factors influencing decision making, advertising and its effect on consumer behavior and cultural differences. Each activity contains a description of basic skills and nutrition concepts taught by the lesson; background information, including questions and issues raised by the lesson, lists of materials and resources needed and a step-by-step description of how to conduct the activity. Student handout/worksheet masters and answer keys are included. (js)

0027
Food and human energy / Laurie Ayres.
Ayres, Laurie. Toronto (Canada) Ontario Ministry of Education 1980. 43 p. : ill. ~. Includes bibliographic references. (NAL Call No.: TX355.A92 F&N E-3736).
Abstract: As part of a series focusing on energy conservation, a systemic approach to food and nutrition is presented for the use of junior high school teachers. Basic information, learning activities, and supplementary materials are organized into 13 sets that may be used independently, or adapted to fit various curricula and situations. Exploration of human body systems covers nutrient requirements, food chains, energy balance, and the interdependence of life systems. Food growing systems are discussed in terms of efficiency, conservation, and ethics. The description of food manufacturing systems covers processing, packaging, transportation and marketing; concepts of energy intensive and conservative methods of food production are developed. Waste disposal as an energy source is discussed. Students are encouraged to consider future food and energy needs; a variety of community alternatives are suggested. (cj)

0028
The food book / Lynn Newberry, M. Frances Fisher.
Newberry, Lynn. ; Fisher, M. F. K.; (Mary Frances Kennedy),; 1908. South Holland, Ill. Goodheart-Willcox Co. c1981. Includes index. 368 p. : ill. ; 26 cm. ~. (NAL Call No.: TX355.N49 F&N B-3757).
Abstract: The world of food is explored through an illustrated and charted textbook that contains a list of learning objectives, key words, review questions and related activities for each chapter. The "how" and "why" of cooking is presented. Information is presented on meal management, foodservice and party planning as well as food-related careers. Discussion topics included are: food and people (cultural foods and influnces, as well as nutrients and nutrient requirements); tools of the trade (equipment, appliances, and the sciences of cooking and shopping; working with food (food preparation as it applies to the 4 food groups; managing mealtime (planning, safety, serving, and manners; and widening food horizons (gardening, career planning, and food markets. (kbc)

0029
Food, energy and fitness : a nutrition module for secondary schools / Susan S. Zabriskie, Barbara Linton.
Zabriskie, Susan S. ; Linton, Barbara. Storrs, Conn. Dept. of Nutritional Sciences, College of Agriculture and Natural Resources, University of Connecticut 1981. NET funded ~At head of title: Connecticut Nutrition Education and Training Program. 1 portfolio with enclosures : ill. ; 30 cm. (NAL Call No.: TX364.Z3 F&N E-3943).
Abstract: Nine (plus 2 optional) 40-minute lessons, for use in health, home economics or physical education classes, use a case study approach to allow secondary school students to solve real life problems relating to fitness and weight control. The module is designed to motivate students to: examine personal values related to fitness and food; discover the effects of exercise and its contribution to physical fitness, determine the effect of overweight; evaluate nutritive quality of foods; plan morning meals and evaluate fad diets. Other materials in the packet include a pre/posttest, information and activity handout sheets. (js)

0030
Food for fitness : the physical education teacher's handbook / Diana J. Galandak; editor and project director Ann K. Tornyos.
Galandak, Diana J. ; Tornyos, Ann K. New Orleans, La. St. Mary's Dominican College 1980. "Funded by Bureau of Food and Nutrition Services, Nutrition Education and Training Program, Louisiana State Department of Education and the United States Department of Agriculture. -NET funded. xii, 171 leaves : ill. ; 28 cm. Bibliography: leaves 154-157. (NAL Call No.: TX361.A8G34 F&N E-3979).
Abstract: A physical education teacher's information and resource guide focuses on nutrient needs and diets of adolescents. While helping the teacher learn about his/her own diet, it provides specific information for the athlete concerning: energy and protein requirements, water and electrolyte replacement, high carbohydrate diets, pre-event meals, body composition, weight control and iron deficiency anemia. The contemporary American diet and its effects on health also are discussed. Nine chapters each provide background information and between 1-4 problems illustrating the information provided. Appendices provide reference information and sources of audiovisual and print materials. (js)

0031
Food for thought : a sample curriculum infusion guide for nutrition education grades K-12 / Amy Ribble-Modjeski (and) Virginia McRae.
; Ribble-Modjeski, Amy.; McRae, Virginia. San Antonio, Tex. Education Service Center 1979. NET funded. 2 pts. :ill. Includes bibliographies. (NAL Call No.: TX364.F653 F&N B-3044/5).
Abstract: A sequential, comprehensive set of nutrition education materials is based on the 7 concepts of nutrition education developed at the 1969 White House Conference on Foods, Nutrition and Health. Learner outcomes, which clarify each concept, are listed for grades K-12. Forty complete units are provided and may be utilized by teachers with little or no previous training in nutrition. Each unit indicates the appropriate academic subject area, concepts and outcomes fulfilled and contains teaching materials, learner activities for one or more days, student worksheets, examinations and answer keys, and evaluation strategies. (js)

0032
Food for today / Helen Kowtaluk, Alice Orphanos Kopan.
Kowtaluk, Helen. ; Kopan, Alice Orphanos. Peoria, Ill. Bennett Pub. Co. c1982. Accompanied by "Teacher's resource guide" (312 p. : ill. ; 28 cm.) rev. and by "Student activity guide" (80 p. ; 28 cm.) rev -Includes index. 573 p. : ill. (some col.) ; 24 cm.
Bibliography: p. 554-556. (NAL Call No.: TX354.K6 1982 F&N B-3143/E-3808/09).
Abstract: The principles of nutrition are provided in an indepth introduction for secondary students. Sections are included on nutrition and health, consumer decisions, food preparation and service, creative cooking, and careers. Objectives include providing the student with the ability to: understand a variety of food customs; explore the world food situation; evaluate exaggerated claims in the media; make wise food choices to maintain good health; and prepare nutritious meals. Tables and charts on the metric system, RDAs, reading food labels, food composition, food sources of nutrients, food preparation terms and customary abbreviations and equivalents are listed in the appendices. An accompanying teacher's guide expands and reinforces information presented in the text and contains visual aids for classroom use. A separate student activity guide has objective-type quizzes on material from the various chapters. (ds)

0033
Food, nutrition & you / by Linda Peavy and Ursula Smith.
Peavy, Linda S. ; Smith, Ursula. New York Scribner c1982. Includes index. ix, 197 p. ; 22 cm. Bibliography: p. 192. (NAL Call No.: QP141.P37 F&N B-3223).
Abstract: A nutrition textbook designed for middle or high school students examines aspects of digestion, nutrient needs, and diet in relationship to health. The influence of carbohydrates, proteins, fats, minerals, and vitamins on growth and development are explored. Simple guidelines to meal planning (home prepared and fast foods) are presented. Other topics include: special nutrient needs during adolescence; weight control programs; diets for athletes; and cultural food patterns. Concepts are frequently introduced with short stories about famous scientists (Lavoisier, Bannister, Beaumont) or case studies of young people. (rkm)

0034
Food service multidisciplinary nutrition education program, grade 7 / Baltimore County Public Schools.
Towson, Md. The Schools 1981. NET funded. v, 89 p. : ill. ; 28 cm. (NAL Call No.: TX364.F6356 F&N E-4099).
Abstract: The handbook is designed to assist foodservice personnel and teachers in developing a program of nutrition education activities complementary to classroom experiences. Suggestions are offered for: conducting a guided tour of the foodservice, taste testing new food products for the cafeteria menu, establishing a Youth Action Council (YAC) and observing and carrying out monthly themes and appropriate schoolwide activities. (js)

0035
Foods in homemaking / M. Cronan (and) J. Atwood.
Cronan, Marion L. ; Atwood, June C. Peoria, IL. Chas. A. Bennett Co. 1972. Includes index. Teacher's guide (C-2159). 558 p. ill. (NAL Call No.: TX354.C7 1972 F&N B-2112).
Abstract: A young people's approach to

food is presented in a secondary level textbook featuring 3 learning aids: key ideas are interspersed throughout the text to call attention to the topics being explained; the summaries at the ends of the chapters highlight the basic ideas covered; and memory prompters reinforce learning through questions and suggested activities. The topics covered begin with food attitudes and cultural influences and progress through kitchen tools, terms and sanitation; science of food; nutritional values and the basic food groups; shopping for and serving of food; nutritional needs of special groups, e.g., infants, obese or sick people; and wind up with special occasions, entertaining and eating out. There are recipes and illustrations for the preparation of all kinds of food, such as pasta, meat, vegetables and sandwiches.

0036
Ground to grits : scientific concepts in nutrition/agriculture / developed by Peggy W. Cain ; writers assisting were Anita Bozardt ... (et al.).
; Cain, Peggy W.; Bozardt, Anita. Columbia, S.C. State Dept. of Education 1982. NET funded -Cover title: Ground to grits: nutrition/agriculture curriculum guide. 228 p. : ill. ; 28 cm. (NAL Call No.: TX364.G77 F&N E-4035).
Abstract: The activity oriented science program is designed to help high school students understand concepts concerning the relationship between science, agriculture and nutritional needs. Essential elements are traced from the soil to plants and animals to their function in the human body. Six units, each related to nutritional needs of the body, are divided into activity based lesson plans listing concepts to be taught in behavioral terms. Each lesson plan provides an overview of the activity, lists the materials needed for a class of 25-30 and provides step-by-step directions for the activities, data tables for recording results, conclusions and suggested supplementary activities. (js)

0037
Guide to modern meals /Suzanne Sickler Ohl, Roberta Larson Duyff, Doris Hasler ; editor, Pattyann DesMarais . -.
Ohl, Suzanne Sickler. ; Duyff, Roberta Larson.; Hasler, Doris.; DesMarais, Pattyann.; Shank, Dorothy Esther,_1890. New York : Webster Division, McGraw-Hill, c1981. First ed. (1964) by D. E. Shank, N. K. Fitch, and P. A. Chapman.- Includes index. 640 p. : ill. (some col.) ; 24 cm. (NAL Call No.: DNAL TX663.D34 1981).
Abstract: Written to reflect an excitement about nutrition and foods in the 80's, this book is geared to teach about foods from several topical viewpoints. Food choices, eating innovations, food resource management, special foods handling, and foods information are major subject areas supported by a wide variety of food-related topics. Some of these topics include: weight control, nutrients, fitness, smart buying, special needs, sanitation/safety, kitchen organization, values of the food groups, preparation, outdoor cooking/camping, and careers in food/nutrition. Recipes include nutritional analysis, while charts and tables are frequently used for information. Other features include food trends, international foods explorations, reference materials, and educational exercises. Color and black and white pictures are found throughtout the text. (jdb)

0038
Guide to nutrition / Velda L. Largen.
Largen, Velda L. South Holland, Ill. Goodheart-Willcox Co. c1981. Includes index. 144 p. : ill. (some col.) ; 26 cm. -. (NAL Call No.: TX354.L32 F&N E-4311).
Abstract: This introductory text to nutrition explains the importance of nutrition at all stages of the life cycle. Functions of key nutrients are described, and important sources of each are listed. Guides are presented for planning attractive, nutritious meals based on the Basic Four Food Groups, and emphasizing food sanitation and safety. Careers in food services, home economics, and food handling are described. Each chapter has a short glossary, review questions, and additional projects related to material in the chapter. Appendices include the Recommended Dietary Allowances, US recommended daily allowances, percentages of US RDA recommended for various age and sex groups, nutritive values of the edible parts of foods, and metric information. (emc)

0039
A guide to nutrition education : grades 6-8 / Seminole County Schools.
Sanford, Fla. School Board of Seminole County (1980). NET funded. 32 leaves ; 22 x 28 cm. Bibliography: leaves 29-32. (NAL Call No.: TX364.G857 F&N E-3930).
Abstract: A curriculum guide for grades 6-8 uses an interdisciplinary approach to nutrition education invovling classroom teachers, food service personnel and school nurses. It provides the basis for a comprehensive and sequential program for all 3 grade levels. Learning activities are grouped according to 6 separate concepts: food handling, nutrition, body systems, food consumption, consumer education and nutrition and society. Within each concept are listed the student objectives, suggested learning activities, appropriate resources and evaluation activities. A resource guide is included which lists available AV materials and a brief bibliography of print materials used in the lessons. (js)

0040
Health and safety for you / (Harold S. Diehl ... et al.).
Diehl, Harold Sheely, 1891-1973. New York Webster Division, McGraw-Hill c1980. Includes index. 437 p. : ill. ;

26 cm. (NAL Call No.: RA777.D5 1980 F&N B-3079).
Abstract: Instructional information concerning total health (physical, mental, and social well-being) is focused on preventive health and safety measures for high school students. Categories specifically detailed include: physical activity; emotions, personality, and stress; sex as related to both reproduction and to family relationships; the influences of environmental pollutants and heredity on health; cancer prevention; the functions of various body components; the effects of smoking, alcohol, and drug abuse; the prevention of communicable diseases; basic nutritional facts, snacks, diets, nutrition labeling, and digestion and elimination; personal safety, first aid, and cardiopulmonary resuscitation; and health careers and health services. A review of central ideas, nomenclature, and suggested projects is provided for each of these categories. (wz)

0041
Health education, physical dimensions of health, nutrition education, grades 10-12.
Albany, N.Y. The University of the State of New York, The State Education Dept., Bureau of School Health Education and Services 1981. vii, 131 p. ; 22 x 28 cm. (NAL Call No.: TX364.H423 C-2397).
Abstract: A nutrition curriculum for grades 10 to 12 includes activities relating to meal planning, consumerism, physical fitness, health disorders, maternal and infant nutrition, hunger and malnutrition in the US, and careers in nutrition. Each activity provides subtopics, objectives, learner activities and teacher information. An appendix includes surveys to use in obtaining food intake information for breakfast and lunch. (ds)

0042
Health, focus on you /by Linda Brower Meeks, Philip Heit. -.
Meeks, Linda Brower. ; Heit, Philip. Columbus, Ohio : Charles E. Merrill, c1982. Includes bibliographies. v. : ill. ; 25 cm. (NAL Call No.: DNAL FNC RA440.M37 F&N B-3944/45/46/47/48).
Abstract: A health curriculum in 5 volumes focuses on a wide variety of health-related concepts for children from elementary school through high school. Each volume addresses topics appropriate to the age of the students, covering 108 topics overall (19-25 per volume). The topics are arranged under a number of general categories, some of which are similar for each volume, including personality, mental health maintenance, and getting along with others; body systems, growth, and taking care of your body; physical health maintenance and exercise; the affect of drugs; selecting healthy foods; diseases and disorders; available health services; consumerism; and pollution and environmental protection. Color illustrations are provided throughout the texts, and a summary and exercises for the students are provided at the end of each of the 108 topic chapters. An alphabetized glossary of terms is appended to each volume. (wz)

0043
Health Instruction framework for California public schools : preschool through young adult years / Curriculum Framework Criteria Committee on Health.
(Sacramento) California Dept. of Education 1978. 72 p. Bibliography: p. 68-69. (NAL Call No.: RA440.C3 F&N E-3609).
Abstract: A curriculum framework providing guidelines for health instruction in the California public school system focuses on the student's development of self-awareness, ability to make decisions, and health action. The framework represents a plan within which local districts can develop courses of study in health education, and from which health instructional materials may be selected. It also provides a basis for developing inservice training programs in health education. The role of health instruction in the curriculum and the relation of health to other academic subject areas are explored. Goals and a philosophy of health education are defined. These content areas of health instruction are presented: personal, family, mental, emotional, consumer, community, and environmental health; nutrition; use and abuse of substances; diseases and disorders; and accident prevention and emergency health services. Within each area, concepts and objectives for 5 developmental levels of students (preschool, early childhood, preadolescent, adolescent, and young adult) are outlined.

0044
Help yourself, choices in foods and nutrition / Norge W. Jerome, Judith G. McCleery (and) Isabel D. Wolf.
Jerome, Norge W. ; McCleery, Judith G.; Wolf, Isabel D. New York Butterick 1981. Includes index -includes pre-tests and post-tests (E-3684). (2) v. : ill. (NAL Call No.: TX355.J4 F&N B-2941/2).
Abstract: Basic facts about foods and nutrition, food selection and purchasing, cooking, and meal planning are presented in a textbook for teenagers. The importance of choice, informed decision-making, knowledge, and planning for nutritional health is emphasized. Food preparation, serving skills and practical cooking techniques are described. Information is given on nutrients, food groups, diet trends, weight control, food processing, marketing, kitchen safety, and dining out. The text is highlighted with recipes, learning activities, color photos, boxed articles, and other features aimed at sparking student interest. A teacher's guide, and pre- and post-tests accompany the text. (nm)

0045
Home economics multidisciplinary nutrition education program, grade 7 / Baltimore County Public Schools.
Towson, Md. The Schools 1981. NET funded. v, 135 p. : ill. ; 28 cm. Includes bibliographical references. (NAL Call No.: TX364.H58 F&N E-4101).
Abstract: The home economics portion of the Multidisciplinary Nutrition Education Program provides supplementary activities to be used along with the existing nutrition and food curriculum guide. Acitivities included assess food attitudes, critique personal diets and encourage sound nutrition habits and may be integrated into practical classroom experiences in food preparation with an emphasis on breakfast patterns and snacks, the guide provides a 6 lesson series on the following topics: nutrients, nutrient needs, factors affecting food selection, food handling and nutrition-related careers. Each lesson series contains several activity suggestions to fulfill the stated objective. Student worksheets and recipes are included. (js)

0046
Hunger and world challenge / developed by Winnie S. Cheney ... (et al.) ; consultant, editor Howard Y. Thomas.
; Cheney, Winnie S.; Thomas, Howard Y. Columbia, S.C. State Dept. of Education 1980. NET funded. 1 v. (various pagings) : ill. ; 28 cm. Includes bibliographies. (NAL Call No.: HD1417.H85 1980 F&N E-4112).
Abstract: A social studies curriculum for secondary students (used in conjunction with "Food: Where Nutrition, Politics and Culture Meet") explores the social, political and economic factors relating to the world hunger dilemma and attempts to establish a base of knowledge needed for future decision-making. Methods of approaching problems and possibilities of future solutions are suggested to broaden the students' scope of understanding. Four units, designed to be taught over an 18 week period, address 1) cultural food patterns and distribution of the world food supply; 2) status and reasons for world hunger; 3) the effects of environment population growth and distribution on world hunger; and 4) exploration of potential solutions. Each unit lists behavioral objectives, concepts and skills to be mastered, individual and group activities, and materials and resources needed for each activity. A simulation game, "Famine, Fate, Fortune and Food", allows students to experience some of the dynamics of the world food trade market and situations affecting world distribution. (js)

0047
Hunger and world challenge / developed by Winnie S. Cheney ... (et al.) ; piloted by Margaret T. Fryer, Doris H. Platt; consultant, editor Howard Y. Thomas.
; Cheney, Winnie S.; Fryer, Margaret T.; Platt, Doris H.; Howard, Thomas Y. Columbia, S.C. State Dept. of Education 1982. NET funded -Can be used with Food: where nutrition, politics and culture meet (TX364.K33 F&N E-2741). iv, 40 leaves : ill. ; 22 x 28 cm.
Bibliography: leaf 40. (NAL Call No.: HD1417.H85 1982 F&N E-4113).
Abstract: A social studies curriculum for secondary students (used in conjunction with Food: where nutrition, politics and culture meet) explores the social, political and economic factors relating to the world hunger dilemma and attempts to establish a base of knowledge needed for future decision-making. Methods of approaching problems and possibilities of future solutions are suggested to broaden the students' scope of understanding. Four units, designed to be taught over an 18 week period, address: cultural food patterns and distribution of the world food supply; status and reasons for world hunger; the effects of environment population growth and distribution on world hunger; and exploration of potential solutions. Each unit lists behavioral objectives, concepts and skills to be mastered, individual and group activities, and materials and resources needed for each activity. A simulation game, "Famine, Fate, Fortune and Food", allows students to experience some of the dynamics of the world food trade market and situations affecting world food distribution. (js)

0048
The incredible body machine / by Paula S. Brown ; illustrated by Patricia Wynne ; punch-out skeleton designed by James Razzi.
Brown, Paula S. ; Wayne, Patricia.; Razzi, James. New York Random House ; Children's Television Workshop 1981. 48 p. : ill. (some col.) ; 31 cm. -. (NAL Call No.: QM27.B76 E-3836).
Abstract: The body's 6 major systems are described and illustrated in a booklet for older children. The skeletal, muscular, respiratory, digestive, circulatory, and nervous systems are discussed in a nontechnical style; difficult terms include pronunciation help. Humorous subtitles such as truckers and soldiers in reference to red and white blood cells add interest and emphasis. An easy to construct punch out cardboard skeleton and stand are included in the booklet. Rib spinal unit, left clavicle, left scapula, pelvic unit etc. are folded and slotted together to build a 3 dimensional skeleton. (rm)

0049
Integrated nutrition education junior high.
Springfield, Ill. Illinois State Board of Education 1981. NET funded. ii, 185 p. : ill. ; 28 cm. Includes bibliographies. (NAL Call No.: TX364.I562 F&N E-3967).
Abstract: Two lesson plans are provided for each month from September through May. Topics may be integrated into a variety of subjects and include: proper food handling; importance of a well

balanced diet; effects of alcohol and smoking on health; conservation of resources through eating lower on the food chain; nutritional needs of pregnant teens; influence of lifestyle on food choices; nutritional labeling; and snacks. Each lesson plan lists several classroom activities and provides additional information and resources to assist in achieving the lesson objective. (js)

0050
Integrated nutrition education senior high.
Springfield, Ill. Illinois State Board of Education 1981. NET funded ~Includes bibliographies. 157 p. : ill. ; 28 cm. (NAL Call No.: TX364.I563 F&N E-3968).
Abstract: The Colorado NET program publication is reproduced for the Illinois State Board of Education. Lessons are appropriate for use in existing curriculum areas and each fulfills at least 3 of the following Illinois NET Act concepts: physiological facts, nutrients, food handling, life cycle, social/psychological aspects of food, food technology and nutrition and its role in society. Two lesson plans are provided for each month, September through May. Each contains a learner objective, brief background information for the teacher, and a list of suggested activities, some augmented by informative or activity stimulating worksheets. Topics include: basic nutrition concepts, prenatal nutrition, labeling, weight control, additives, sugar and drug use (alcohol, nicotine, etc.) (js)

0051
Integrative nutrition : junior high home economics/health.
(Minneapolis, Minn. Minneapolis Public Schools 1980). NET funded. 1 v. (various pagings) : ill. ; 29 cm. (NAL Call No.: TX364.I565 F&N B-3359).
Abstract: A curriculum for junior high school health and home economics courses includes 5 independent modules which may be integrated into existing course outlines. Each module addresses concerns of adolescents.
"Nutrition/Fitness/Lifestyle capitalizes on body image interest and explores relationships between health and nutrition; Bod Squad/Weight Awareness", physical activity and the relationship between energy intake and expenditure; "Consumer Choice focuses focues on the students' needs to get the most for their money, making nutritious snack choices and reading nutrition labels; prenatal nutrition, breastfeeding and infant feeding are covered in "Nutrition for the Pregnant Adolescent"; and essentials of good nutrition in competitive sports and nutrition misinformation are addressed in the "Nutrition and the Athlete" module. Throughout each module, mainstream notes suggest adaptations of the lessons for those with skill problems in reading, writing, arithmetic and/or problems with concepts. (js)

0052
Irving High School Youth Advisory Council resource manual.
Irving, Tex. Irving Independent School District 1979. Cover title: YAC resource manual ~NET funded. x, 118 p. : ill., map ; 28 cm. (NAL Call No.: TX364.I75 F&N E-4076).
Abstract: The Youth Advisory Council (YAC) materials provide a systematic program whereby student participants and their sponsors support and encourage the use of the school foodservice program and improve nutrition education and eating habits of students. The organization, purpose, function and constitution of a YAC are presented. Nutrition education materials include background information on school foodservice, basic nutrition and weight control, and food facts and fallacies. Skits, puppet shows, a song, and a nutrition game are incluced in lesson plans geared to grade levels K through 12. (js)

0053
Life-cycle nutrition needs for school-age mothers and fathers. Requistos nutricionales del ciclo de la vida para madres y padres de edad escolar / Kathie Westpheling, Sara Jane Vinson, Lorelei Groll. Spanish.
Westpheling, Kathie. ; Vinson, Sara Jane.; Groll, Lorelei.& Nutrition curriculum on life-cycle nutrition needs for school-age mothers and school-age parents.; Life-cycle nutrition needs for school-age mothers and school-age parents. (San Jose, Calif.) Santa Clara County Health Dept., Child Health and Disability Prevention Program 1982. NET funded ~Cover title: Nutrition curriculum on life-cycle nutrition needs for school-age mothers and school-age parents: Spanish translation ~"Traduccion espanol por Teri Hall. ~Translation of: Life-cycle nutrition needs for school-age mothers and school-age parents (TX361.Y6W45 F&N B-3396. 106, (40) p. : ill. ; 28 cm. (NAL Call No.: TX361.Y6W452 1982 F&N B-3739).
Abstract: The curriculum presents basic, practical lesson plans that are realistic for school age parents and school age mothers. Topics areas include: dental health, nutrition and pregnancy, breastfeeding, nutritional requirements, nutritious meal and snack planning, food needs of infants and young children, consumerism, fruit and vegetable preparation, community resources and school food service. Each class is based on a 50 minute format using audiovisuals to present principles and handouts as reinforcements. A corresponding snack is served and the recipe is provided. Weekly quizzes with answers and a resource and resource address list are provided. (js)

0054
Life-cycle nutrition needs for school-age mothers and school-age parents / Kathie Westpheling, Sara Jane Vinson, Lorelei Groll.
Westpheling, Kathie. ; Vinson, Sara

Jane.; Groll, Lorelei. San Jose, Calif. Santa Clara County Health Dept., Child Health and Disability Prevention Program 1981. NET funded. vii p., 95, (41) leaves : ill. ; 28 cm. Bibliography: leaf 94. (NAL Call No.: TX361.Y6W45 F&N B-3396).
Abstract: The curriculum presents basic, practical lesson plans that are realistic for school age parents and school age mothers. Topics areas include: dental health, nutrition and pregnancy, breastfeeding, nutritional requirements, nutritious meal and snack planning, food needs of infants and young children, consumerism, fruit and vegetable preparation, community resources, and school food service. Each class is based on a 50 minute format using audiovisuals to present principles and handouts as reinforcements. A corresponding snack is served and the recipe provided. Quizzes (with answers) and a resource and resource address list are provided. (js)

0055
The N.E.W. rainbow of resources book / the Nutrition Education Workgroup, Hampshire Educational Collaborative.
Northampton, Mass. The Collaborative (1980?). NET funded -Companion to The N.E.W. blue book on nutrition activities (TX364.N397 F&N E-3989). 25 leaves : ill. ; 28 cm. Bibliography: leaves (1)-4.Filmography: leaves 5-9. (NAL Call No.: Z5814.F7N2 F&N E-4015).
Abstract: A nutrition resource guide provides an annotated list of books and films, names and addresses of resource peole in Massachusetts, resource centers, booklets and kits, posters and field trip possibilities. It is suggested as a companion to the N.E.W. Blue Book of Nutrition Activities and may by used by teachers, students, foodservice personnel and community members. (js)

0056
The New blue book on nutrition activities.
Northampton, Mass. Hampton Educational Collaborative (1980?). NET funded -Companion to The N.E.W. rainbow of resources book (Z5814.F7N2 F&N E-4015). 65 leaves : ill. ; 28 cm. (NAL Call No.: TX364.N397 F&N E-3989).
Abstract: Activities and lesson plans developed by teachers of the Nutrition Education Workgroup (N.E.W.) for grades 2 through 12 relate nutrition education to current curriculum subjects. Format and content of lesson/outlines vary. Sample classroom materials (handouts, tests, worksheets) are provided. The N.E.W. Rainbow of Resources Book may be used as a companion to this activity book. (js)

0057
New health : a kid's own guide / (by Enzo DiGiacomo and David F. Lipton).
DiGiacomo, Enzo. ; Lipton, David F. (Baltimore Bariatric Pub. Co. c1977). 153 p. : ill. ; 28 cm. (NAL Call No.: RA777.D53 F&N E-3886).
Abstract: Good nutrition information stressing weight reduction for adolescents is presented in comic book form. A story about peer pressure and overweight teens includes information about nutrient needs, sugar, and the importance of exercise and a balanced diet. Positive aspects of a good appearance are used as motivational reinforcement. (rkm)

0058
New horizons in nutrition : an issue oriented approach / by Joy Armillay ... (et al.).
; Armillay, Joy. Kingston, Pa. Luzerne Intermediate Unit 18 1980. NET funded. 1 v. (various pagings) : ill. (NAL Call No.: TX353.N4 F&N E-3594).
Abstract: An issue-oriented approach to nutrition education for secondary grades uses 10 instructional packets to help students make intelligent eating decisions. The packets address these relevant topics in nutrition: advertising; basics of a well-balanced diet; emotional aspects of nutrition; food faddism; low carbohydrate diets; nutrition and athletics; food habits and the life cycle; social issues in nutrition; vegetarianism; and vitamin C and the common cold. The packets can be used individually or in concert, with entire classes, or for independent study. Each packet contains teaching suggestions, pre- and post-tests, instructional information and a bibliography.

0059
Nutrition and fitness for outdoor education / developed by Independent School District No 279, Osseo, Minnesota; in cooperation with the staff and facilities of Elm Creek Park Reserve.
(St. Paul, Minn. Minnesota State Dept. of Education 1980.). NET funded. 124 leaves : ill. ; 28 cm. + 9 mounted photos (12 x 18 cm.) in pocket. (NAL Call No.: TX361.A8N79 F&N B-3405).
Abstract: Seven lesson plans and accompanying videotapes guide students in developing skills for outdoor living and integrate nutrition into physical education, science and health. Unit lessons and classroom activities culminate in a day trip of hiking at a nature center. Each lesson plan describes objectives and videotape content and provides informational handouts, activity/worksheets and pre- and post-telecast teaching suggestions. Lesson topics include: wild edibles, packing a pack, hypothermia (survival skills), nutrition and fitness for outdoor recreation, and firebuilding and safety instructions. Nine mounted color photographs are included which identify some edible and poisonous plants. (js)

0060
Nutrition discoveriesa resource for teachers of seventh grade science.
Raleigh, N.C. : Nutritin Education Training Program, Division of Child Nutrition, North Carolina Dept. of Public Instruction, 1982 . NET funded.- Cover title. viii, 47 p. : ill. ; 28 cm.

Bibliography: p. 47. (NAL Call No.: DNAL FNC TX364.N7782 F&N E-4503).
Abstract: Student activities developed for the nutrition component of a 7th grade science curriculum are presented. This guide was designed to assist teachers and uses locally and uses regionally available resources. This teacher resource package supports the competency goals and performance indicators of the science curriculum. There are 9 sections including the digestive tract, the food chain, and the adaptable human. For each activity the following is stated: competency goal; objective; brief description; materials needed; and teacher instructions, which include introduction, activity and discussion question. (kbc)

0061
Nutrition during pregnancy and lactation : a nutrition module for secondary schools / Frances A. Stout.
Stout, Frances A. Storrs, Conn. Dept. of Nutritional Sciences, College of Agriculture and Natural Resources, University of Connecticut 1981. NET funded ~At head of title: Connecticut Nutrition Education and Training Program. 1 portfolio with enclosures : ill. , 30 cm. (NAL Call No.: RG559.S78 F&N E-3945).
Abstract: A nutrition education module for secondary school students is designed to increase teenagers' awareness of the relationship between diet and a healthy pregnancy and that breastfeeding is a natural extension of pregnancy. Ten 40-minute lessons with optional activities and evaluation instruments may be integrated into human behavior, family living, health, child development or home economics studies. Lesson topics include: effects of diet on the growth of the fetus; values clarification for pregnancy and eating habits; fetal growth and development; drugs, alcohol and smoking; nutrient needs during pregnancy; sources and functions of nutrients and breastfeeding. Supplemental materials include pre/posttests, information and activity handouts, and pamphlets on smoking, alcohol and birth defects. (js)

0062
Nutrition education & training / prepared by the District of Columbia Public Schools, Nutrition Education & Training Program . -.
Washington, D.C. : The Program, 1982? . NET funded.~ Cited in Promoting nutrition through education, p. 191 as: Nutrition bulletin board ideas. 10 leaves : ill. ; 20 x 22 cm. (NAL Call No.: DNAL TX364.N87).
Abstract: The basics of good nutrition briefly preseneted in an easy to understand style in this guide prepared by the District Columbia Public Schools Nutrition Education and Training Program. Nutrition is defined and the major functions of carbohydrates, fats, proteins, vitamins, minerals, and water are described. The basic food groups and common food in each are outlined; the numbers of food servings recommended for different individuals are provided. Guidelines are given for selecting nutritious snacks such as fruits, raw vegetables, popcorn, crackers, and yogurt. A word find exercise, crossword puzzle, and review are included as teaching tools. (aje)

0063
Nutrition education and training curriculum materials / State Board of Education, Illinois Office of Education.
Springfield, Ill. Dept. of LEA Services 1979. NET funded. 31 p. ; 28 cm. (NAL Call No.: Z5814.F7N88 E-3845).
Abstract: Nutrition education resource materials are listed according to the type of material available. Audiovisuals (movies, filmstrips and videotapes), published text materials on health/nutrition and curriculum guides are listed, each with a description of the target audience grade level, the source, price and description of contents. Author, publisher and price information are provided for sections on teacher reference books and cookbooks, and journals in nutrition education. Addresses for sources of free and inexpensive materials as well as teacher-created materials and games also are given. (js)

0064
Nutrition education, manual for teachers / Albert E. Bedworth.
; Bedworth, Albert E. Albany, N.Y. State Education Dept. 1979. 115 p. -. (NAL Call No.: TX364.N44 F&N E-3317).
Abstract: Nutrition information and guidance to facilitate the learning experience are provided in a teachers' manual for nutrition education designed to be used with companion curriculum guides. Teachers of primary, intermediate, junior, and senior high school students are presented with an overview of nutrition education, goals to achieve, and concepts that students should develop. Information on food habits, nutrition's link to health, food's relationship to human development, diets, nutrition and reproduction, nutrition problems and policies, and nutrition betterment programs is presented. A list of source materials and teaching aids, common misconceptions about food, and a summary of U.S. dietary goals are included.

0065
Nutrition education teaching guide for middle school science teachers, or the Absolutely last word in nutrition education handbook.
Leonardtown, Md. St. Mary's County Public Schools 1982. NET funded. 121 p. in various pagings : ill. ; 28 cm. (NAL Call No.: TX364.N796 F&N E-3946).
Abstract: Developed by teachers, food service personnel and the NET facilitator, the teaching guide outlines activities designed to meet Project Basic and health education nutrition objectives for 6th and 7th grade science. The first of 6 sections contains suggested activities (films, worksheets, games, projects) fulfilling

each of the 8 objectives listed. The remaining sections are supplemental appendices providing background information, annotated lists of resources and student handouts, worksheets and lessons to be used in conjunction with activities in the guide. (js)

0066
Nutrition evaluation instruments.
(University Park, Pa. Pennsylvania State University 1981?). NET funded -Cover title. 376 leaves in various foliations : ill. ; 29 cm. (NAL Call No.: TX364.N797 F&N B-3365).
Abstract: Nutrition evaluation instruments developed by Pennsylvania State University, reviewed by faculty and graduate students for content, accuracy and evaluated for reliability were designed for use with students (preschool-grade 12) and adults (college students, teachers, administrators, parents). Nutrition attitude instruments and knowledge tests assess opinions and performance, respectively, of students after participation in a nutrition education curriculum entitled, Nutrition in a Changing World. Instruments for use with adults include: a nutrition knowledge test for teachers to examine the influence of various teacher preparation methods; instruments to assess teachers' attitudes toward nutrition education in schools; an attitude instrument to assess college students' opinions toward nutrition and multimedia instruction; a statewide survey of teachers and administrators to determine needs, attitudes and methods of incorporating nutrition education into grades 7-12; and a questionnaire designed to assess parents attitudes toward nutrition. (js)

0067
Nutrition in a changing world : a curriculum for home economics grades 7-9 / Karin Rosander ... (et al.).
; Rosander, Karin.& A curriculum for home economics grades 7-9. (University Park) Pennsylvania State University c1981. "Collaborative effort of the College of Education and the College of Human Development at Pennsylvania State University sponsored by the Nutrition Foundation and support by the Heinz Endowment.". xvii, 319, A69 p. : ill. ; 28 cm. Bibliography: p. A24-A37. (NAL Call No.: TX364.N815 F&N B-3497).
Abstract: A sequential curriculum on nutrition education is presented for home economics classes in grades 7 through 9. This curriculum emphasizes food and consumer topics. Separate curriculum outlines and instructional materials are provided for each grade level. Each curriculum is comprised of individual lessons that follow a similar format. Generally, lessons have more than 1 concept, and the input will encompass both nutrition information and practical applications. Other sections of each lesson include objectives, lesson activity, advanced activity, additional activities, and evaluation. This sequential curriculum is a companion to a 3-part overall curriculum to provide nutrition education to children and teenagers from grade 7 through senior high. Tabular reference data on nutrients, food composition, diets, and recommended daily allowances of nutrients are appended. (wz)

0068
Nutrition in a changing world : a curriculum for junior high health / James Rye, Karin Rosander, Idamarie Laquatra.
Rye, James. ; Rosander, Karin.; Laquatra, Idamarie.& A Curriculum for junior high health. (University Park) Pennsylvania State University c1981. "Collaborative effort of the College of Education and the College of Human Development at The Pennsylvania State University, sponsored by the Nutrition Foundation and supported by the Heinz Endowment". xi, 147, A47 p. : ill. ; 28 cm. Bibliography: p. A24-A30. (NAL Call No.: TX364.R922 F&N B-3498).
Abstract: A comprehensive nutrition education curriculum is presented for junior high school students with emphasis placed on health and home economics factors. The curriculum emphasizes issues and controversies rather than nutrients, functions, food sources, or other basic nutrition information. Topics of interest to teenagers (e.g., athletic diets, weight control, reliable nutrition information) are presented with the objective of increasing teenagers nutrition awareness and encouraging them to continue to explore nutrition. Other topics include diet diaries, a balanced caloric diet, and means for devising an individualized diet. The curriculum was developed to encompass the concepts identified in a nationwide survey by recognized nutrition educators. Tabular data on key food nutrients, food composition for energy, iron, and other selected nutrients, action calories, recommended daily allowances of nutrients, and a daily food guide are appended. (wz)

0069
Nutrition in a changing world : a curriculum for senior high health / James Rye, Silvia Walker, Idamarie Laquatra.
Rye, James. ; Walker, Silvia.; Laquatra, Idamarie.& A curriculum for senior high health. (University Park) Pennsylvania State University 1981. "A collaborative effort of the College of Education and the College of Human Development of The Pennsylvania State University, sponsored by the Nutrition Foundation and supported by the Heinz Endowment.". xi, 130 p., A48 leaves : ill. ; 28 cm. Bibliography: leaves A24-A30. (NAL Call No.: TX364.R923 F&N B-3499).
Abstract: A nutrition education curriculum focuses on home economics and health for senior high school students, with emphasis placed on issues and controversies, rather than on nutrients and their functions, food sources, or other fundamental nutrition information. Topics of interest to teenagers are presented, with the objectives of

raising their nutrition consciousness and encouraging them to continue to explore nutrition-health concepts. These topics include; "Dietary Guidelines for Americans", dietary factors related to specific diseases, including cardiovascular disorders, obesity, and anemia; world health problems (e.g., malnutrition; nutrition in preventive health care; and basic nutrition facts and concepts. This curriculum was developed to encompass key concepts that were identified in a nationwide survey conducted by recognized nutrition educators. Tabular data on important food nutrients, food composition for energy, iron, and other selected nutrients, recommended daily nutrient allowances, action calories, and a daily food guide are appended. (wz)

0070
Nutrition in a changing world, leader's guide / E. Marbach (and others).
; Marbach, Ellen S. University Park Pennsylvania State U. 1979. Packet A and packet B. 1 v. (various pagings). (NAL Call No.: TX364.P49 F&N E-3412).
Abstract: The directions and curriculum for inservice nutrition education are presented for workshop leaders. Sample activities and lessons are described which kindergarten, primary, and intermediate level teachers can use to teach nutrition concepts in the classroom. For example, children can learn to combine a variety of foods into a balanced meal by making kabobs from the 4 basic food groups. Tests on which evaluation can be based and activity sequences for each grade level are included.

0071
Nutrition in teenage pregnancy : a curriculum guide / by Dian Gans.
Gans, Dian. Madison, Wis Wisconsin Dept. of Public Instruction (1983). NET funded. 171 p. in various pagings : ill. ; 28 cm. + 1 booklet. Bibliography: p. B-20 to B-32. (NAL Call No.: TX361.P7G26 F&N B-3707).
Abstract: A curriculum guide composed of 13 lessons for pregnant teenagers is presented. The guide is designed to introduce nutrition through formated activities which allow the teacher flexibility to address specific needs. The program can be integrated into other disciplines (e.g., language, spelling, home economics). The introductory lesson helps teachers assess the current level of nutrition knowledge the students have (included are a review of basic nutrition concepts, pre-test for lessons 1-13, and a student learning preference sheet). Lessons 1-9 explore the pregnant teenager's nutrition requirements. Lessons 10-13 discusses nutritional requirements during lactation and infant feeding. Each lesson contains: a focus statement, behavioral objectives, teacher notes, references, suggested activities, and supplementary materials. The appendix contains: an annotated bibliography, audio-visual aids, reprinted articles of special interest; and a food composition table. (kbc)

0072
Nutrition knowledge and interest questionnaire : grade 9 and above / G. Darrell Passwater.
Passwater, G. Darrell. New York (1234 Amsterdam Ave., New York, N.Y. 10027) Teachers College Press 1981. 34 test booklets (8 p.), 1 answer sheet, 1 teachers manual (8 p.) ; 28 cm. (NAL Call No.: TX364.P33 F&N E-3904).
Abstract: Nutrition knowledge is measured in a test designed primarily for students in grades 9-12, but which also is appropriate for a general adult population. Fifty multiple choice items measure 6 objectives in Part I, and 6 questions in Part II measure interest in these objectives. Validity and reliability of the instruments has been demonstrated, both quantitatively by item-analysis and qualitatively by a panel of nutrition experts. Norms were calculated for comparison purposes and to aid instructors. The 6 objectives focus on socioeconomic issues, nutrition and disease, diet and activity, fads and fallacies, dietary patterns, and nutritional behaviors that influence health. (kbc)

0073
Nutrition super stars developed by Department of Nutrition & Food Science, University of Arizona.
; Houtkooper, Linda. Phoenix, Ariz. Arizona Dept. of Education 1982. Project director and co-principal investigator: Linda Houtkooper -A companion piece and sequel to the 5th-6th grade Nutrition super stars curriculum -Field tested through a NET grant. xxxii, 1 p., 43 leaves of plates : ill. ; 30 cm. + Adipometer skinfold caliper (16 x 10 cm.) + 1 folded poster (71 x 56 cm., folded to 28 x 18 cm.) in pocket. Bibliography: p. 109-112. (NAL Call No.: TX364.N8661 F&N AV).
Abstract: The 7th-8th grade Nutrition Superstars curriculum is a sequel to the 5th-6th grade kit. Although both curriculum kits cover the same general lesson topics, the emphasis and activities are different. There are 5 lesson topics which are covered in 10 class plans. Photocopy masters of 43 student worksheet handouts are included. Lessons may be taught as a part of health, science, physical education, and home economics curriculum areas and provide learning experiences in food, nutrition, physical fitness and ecology. (js)

0074
Nutritional needs of teens : kit of transparencies : for Youth Advisory Councils (YACs).
(Nashville, Tenn.) Tennessee NET Program 1979. NET funded -Includes 14 transparency masters. 1 portfolio : ill. ; 30 cm. (NAL Call No.: TX361.Y6N88 F&N E-4065).
Abstract: A kit for use by YACs (Youth Advisory Councils) to teach other youth about the nutritional needs of teens includes transparency masters, a script which coordinates audiovisuals with the verbal information, a pre/post quiz, a

student leader guide and recipes using liver. Major emphases are placed on the importance of calcium, iron, vitamins A, C, and folacin. (js)

0075
Pencil and paper fun to teach nutrition.
Ruslink, Doris. ; Funk, Doris Harrnacker. Warren, N.J. Good Ideas Books Co. 1977. 1 v. (unpaged) : ill. (NAL Call No.: TX364.R82 F&N).
Abstract: The 23 spirit masters (which can be duplicated) are for a variety of grade levels (preschool through college). They are supplementary material for use by the classroom teacher of nutrition. Answers are provided.

0076
Physical education multidisciplinary nutrition education program, grade 7 / Baltimore County Public Schools.
Towson, Md. The Schools 1981. NET funded. v, 129 p. : ill. ; 28 cm. Bibliography: p. 129. (NAL Call No.: TX364.P5 F&N E-4100).
Abstract: The result of combining the disciplines of home economics, physical education, science, social studies and foodservice, the coordinated educational program examines the function of food in the process of living and helps students understand nutrition as a key to health and well being. Seven topic lesons and activities may be integrated into the seventh grade curriculum. Each leson lists the objective, materials needed (worksheets, game cards, handouts and tests are included), teacher preparation, procedure and assessment methods. Topic areas are: food-related beliefs, energy needs, nutrient sources and functions, weight control, hazards of rapid weight loss, body fluids and fluid loss, and first aid for food-related illness. (js)

0077
The physically handicapped student in the regular home economics classroom : a guide for teaching nutrition and foods / by Sharon Smith Redick.
Redick, Sharon Smith. ; Hanenberger, Janet.& Guide for teaching nutrition and foods. Prelim. ed. Danville, Ill. Interstate 1976. Unedited first draft for experimental field work. 226 p. : ill. (NAL Call No.: TX364.R46 F&N C-2288).
Abstract: The need for more curriculum materials designed to help the home economics teacher operate at the level of the non-handicapped as well as the physically handicapped student in a regular classroom situation is addressed in a curriculum guide on foods and nutrition. The materials are directed to the 13-15 year-old, junior high level, or senior high level. The curriculum content and skills have been adapted for the 3 physical conditions that teachers find most challenging: hand use limitations, incoordination, and immobility. The objectives, concepts, and learning activities can be chosen to fit the needs of different classes. Each major concept (food for health, kitchen equipment, etc.) is presented for non-handicapped students, with suggestions for adaptations to meet handicapped students' needs; the concepts are then taught in component units (nutrient requirements, basic 4 food groups, meal planning, etc.). Background information is supplied on handicapping conditions, and special considerations relating to equipment and kitchen design, safety, and operating techniques.

0078
Science multidisciplinary nutrition education program, grade 7 / Baltimore County Public Schools.
Towson, Md. Baltimore County Public Schools 1981. NET funded. v, 233, p. : ill. ; 28 cm. Bibliography: p. 227-228. (NAL Call No.: TX364.S335 F&N E-4089).
Abstract: The science module is a part of a coordinated educational program which combines and reinforces common concepts of home economics, physical education, science, and social studies. With the goal of developing an understanding of the relationship of food selection to well being, the curriculum focuses on the structure and function of the digestive system, chemistry of nutrients and the body's use of nutrients. Twenty-three lessons are included, each identifying objectives, materials needed, procedures for experiments, teacher preparation required, enrichment activities, assessment suggestions, student handouts, and worksheets. (js)

0079
Secondary nutrition education materials and references / SNE.
Berkeley, Calif. Society for Nutrition Education 1981. Includes index. 33 p. ;. (NAL Call No.: Z5814.F7S63 1981 F&N E-3691).
Abstract: A selected bibliography of educational materials for secondary school nutrition teachers includes books, classroom activity packages, pamphlets, journal articles, and audiovisuals. All materials are described in short abstracts and evaluated by qualified nutritionists. An index lists materials available in Spanish. (cj)

0080
Snacking and food choices : a nutrition module for secondary schools / Angela Mancinelli, Maureen McGuire.
Mancinelli, Angela. ; McGuire, Maureen. Storrs, Conn. Dept. of Nutritional Sciences, College of Agriculture and Natural Resources, University of Connecticut 1981. NET funded -At head of title: Connecticut Nutrition Education and Training Program. 1 portfolio with enclosures : ill. ; 30 cm. (NAL Call No.: TX370.M35 F&N E-3942).
Abstract: A nutrition education module for secondary school students is designed to increase teenagers awareness of the importance of calcium, iron and vitamins A and C in their daily diet. Eleven 40 minute lessons with optional activities and evaluation instruments

may be used in health and home economics classes. Additional materials in the packet include pre/posttests, information and activity handout sheets and the USDA/US DHHS dietary guidelines pamphlet. (js)

0081
Sports nutrition / developed by Department of Nutrition and Food Science, University of Arizona.
(Phoenix, Ariz.) Arizona Dept of Education 1982. NET funded. xiii, 224 p. : ill. ; 28 cm. + 2 posters (58 x 46 cm., folded to 23 x 15 cm.) in pocket. Bibliography: p. 133-137. (NAL Call No.: TX361.A8S64 F&N B-3284).
Abstract: A curriculum guide for teachers and health professionals provides nutrition information and guidelines for applying that information in athletic training programs and related classes. The instructional materials are divided into 4 sections. Topics covered include: body composition, sources and functions of nutrients, athletic nutritional needs, and energy metabolism; nutritional assessment, with guidelines for conducting a fitness test, aerobic training principles and evaluation guidelines of personal exercise programs; food guides (including vegetarian); pre/post event diet management; nutrition/fitness assessment methods, such as computer-based diet analysis, skin fold measurement guidelines and nomograms for predicting body fat. The appendix provides additional classroom activities, high carbohydrate meal plans, and informational resources. Posters provide condensed versions of the curriculum information. (js)

0082
Students, parents, educators, administrators, children, for nutrition : a cooperative adventure in preschool nutrition education.
Minneapolis, Minn. Minneapolis Public Schools 1980. NET funded. 1 v. (loose-leaf) : ill. ; 30 cm. Includes bibliographies. (NAL Call No.: TX364.S78 F&N B-3397).
Abstract: SPEAC for Nutrition provides a multi-level program to increase the nutritional awareness and knowledge of preschool children through high school/post high school students, and day center cooks; and workshops for parents, preschool and secondary teachers. The curricula are supportive of the USDA/HEW dietary guidelines and the five food group concept. The preschool teaching units are divided into lesson plans providing food, non-food and reinforcement activities encouraging positive eating habits. Nutrition information for parents, suggested at-home activities and additional resources for teachers also are included. The secondary student curriculum gives teenagers a background of nutrition principles to apply when planning activities with young children. Two hour teacher workshop/resource units provide the format for experiential activities utilizing those principles presented to the children. A 20-hour food service workshop explores food attitudes, teaches basic nutrition, menu planing, sanitation and safety and enables the participant to plan food-related activities to use with preschool children. (js)

0083
Supermarket Super sleuth : a nutrition module for grades 7-12 / Louise Ryan.
Ryan, Louise. Storrs, Conn. Dept. of Nutritional Sciences, College of Agriculture and Natural Resources, University of Connecticut 1981. NET funded -At head of title: Connecticut Nutrition Education and Training Program. 1 portfolio with enclosures : ill. ; 30 cm. (NAL Call No.: TX356.R9 F&N E-3944).
Abstract: A module, containing six 40-minute lessons, is designed to help students become knowledgeable about: food labels, advertising and sales techniques, nutrients and nutritional claims, unit pricing and serving costs. Lessons contain a variety of learning experiences and evaluation instruments and may be integrated into family life education, health, home economics and social studies classes. Additional contents include a pre/posttest, information and activity sheets, the US DHEW pamphlet, "Understanding Nutrition Labels," and an extensive resource list of printed materials and audiovisual aids. (js)

0084
Survival, a guide to living on your own / Joan M. Kelly (and) Valerie M. Chamberlain.
Kelly, Joan M. ; Chamberlain, Valerie M. New York McGraw-Hill 1980. Includes index. 308 p. : ill. (NAL Call No.: TX167.K4 F&N B-3047).
Abstract: Practical guidance information is provided for high school students to assist their adjustment to life after leaving school. Following discussions on personal factors concerning relationships with people, guidance is given on: determining a career path; selecting and furnishing a place to live; choosing, buying, storing, and preparing food; selecting and cleaning clothes; improving consumer awareness knowledge; managing money; and purchasing various goods (television, car) and services (health, legal, insurance, repairs, travel). Food and nutrition guidance includes the importance of nutrients and how they work, labeling, the Basic Four, weight control, food buying strategies, and meal planning.

0085
Take a nutrition break! : lessons and activities for every curriculum, junior high / (prepared by) Northern Colorado Educational Board of Cooperative Services, Colorado Department of Education.
Longmont, Colo. Northern Colorado Educational Board of Cooperative Services 1980. NET funded. 170 p. : ill.

; 28 cm. Includes bibliographical references. (NAL Call No.: TX364.T34 F&N E-3883).
Abstract: Eighteen lessons (2 per month, September-May) are designed to teach children to make wise food choices and may be integrated into a variety of basic junior high school classes. Topics include basic nutrition information, food safety, weight control, prenatal nutrition, food fads, labeling, food additives and fast food. Each lesson provides individual and class activities fulfilling the stated behavioral objectives. Brief background materials for the teacher, student handout/worksheet masters and answer keys are included. (js)

0086
Take a nutrition break! : lessons and activities for every curriculum, senior high / (prepared by) Northern Colorado Educational Board of Cooperative Services, Colorado Department of Education.
Longmont, Colo. Northern Colorado Educational Board of Cooperative Services 1980. NET funded. 147 p. : ill. ; 28 cm. Includes bibliographical references. (NAL Call No.: TX364.T35 F&N E-3882).
Abstract: Eighteen lessons (2 per month, September-May) are designed to teach students how to make wise food choices and can be integrated into basic high school courses as well as art, drama and business. Some lesson topics are seasonally appropriate (dental health-October, eggs-April); other topics include basic nutrition information, alcohol/drugs, food additives, prenatal nutrition, labeling, heart disease, weight control, US Dietary Goals and fast foods. Each lesson is based on a behavioral objective, provides brief background materials for the teacher and activities for class or individual study. Student handout/worksheet masters are included. (js)

0087
Teaching about nutrition : a resource kit for use by school food service personnel, teachers, and students / written by Emma Nance ; edited by Judy Coady and Debbie Frisch Swanson.
Nance, Emma. ; Coady, Judy.; Swanson, Debbie Frisch. Denver, Colo. Colorado Dept. of Education (1982). NET funded. 12 portfolios : ill. ; 30 cm. in case 31 x 28 x by 7 cm. + 26 transparencies. (NAL Call No.: TX364.N3242 F&N B-3312).
Abstract: A resource kit for use by school food service personnel, teachers and students (grades 4-12) contains 12 portfolios of materials to be used in classroom nutrition study or with PTA and other adult groups. Portfolio topics include: school lunch and its role in nutrition education; Basic Four food groups; food discovery and tasting experiences; introduction to major nutrients, Recommended Dietary Allowances, additives and food labeling; bulletin board and exhibit ideas; and puppetry. School lunch and food attitude surveys are provided; student and parent involvement activity ideas are included. Transparencies and handout/activity masters also are provided to enhance classroom activities and presentations. (js)

0088
Tennessee educates for nutrition now, nutrition education instructional plan (grades 7-9) / prepared by Sandra W. Miller ... (et al.).
; Miller, Sandra W.& Nutrition education instructional plan, grades 7-9. (Nashville, Tenn.) Tennessee Dept. of Education 1982. NET funded. viii, 246 p. : ill. ; 30 cm. Bibliography: p. 215-237. (NAL Call No.: TX364.T418 F&N B-3335).
Abstract: The manual represents Level III of the sequential framework for nutrition education in Tennessee. An instructional plan based on the specific needs of Tennessee children incorporates cognizance of their developmental levels, nutritional needs and dietary practices. The plan is divided into section by 4 overall goals: 1) understanding the relationship of nutrition to health, 2) understanding the relationship between individual and environmental characteristics and food-related behavior, 3) understanding the physical and chemical properties of food, and 4) understanding the nature and means for resolution of food and nutrition related concerns. Series of topics are identified for each developmental level and sequenced to lead to the accomplishment of terminal objectives under each of the overall goals. Each lesson topic lists its own objectives, a priority rating, a summary of content, vocabulary, activities (some of which may involve other school personnel and/or parents), assessment strategies and resources needed. The resource guide lists annotated and evaluated books, films, and filmstrips. (js)

0089
Testing food for nutrients : nutrition education, project energy thru nutritive basics, project GRUB.
(Rowland Heights, Calif.) Rowland Unified School District (1981?). NET funded. 8, (2) leaves : ill. ; 28 cm. (NAL Call No.: TX553.N8T47 F&N E-3965).
Abstract: Directions are given for experiments which will reveal the presence of starch, fat, sugar, protein, and vitamin C in foods. Also included are general directions for accurate experimentation, a test data form, and suggested experiments to do at home. (js)

0090
A Time of changeleader's guide to group discussions on health promotion. -.
Bethesda, Md. : Dept. of Health and Human Services, Public Health Service, National Institutes of Health ; Washington, D.C. : U.S. G.P.O., 1984. "January 1984.". 38 p. : ill. ; 28 cm. -. (NAL Call No.: DNAL FNC RA777.T4 F&N E-4692).

Abstract: Assisting adult leaders in guiding high school age young women in discussions of the importance of adopting health-promoting behaviors, and personal decision making abilities related to their health, is the goal of this leader's guide developed by y the National Cancer Institute as part of their "A Time for Change" materials. Topics for discussion addressed in the guide include breast self-examination, pelvic examinations, smoking, drug abuse, nutrition, exercise, and pregnancy and prenatal care. The roles and responsibilities of the discussion leader are presented. Some materials that can be used in group discussions include 1) step-by-step guide to discussion, 2) a decision making activity, 3) steps in the decision making process, and 4) looking at alternatives. Sources of additional information which may be helpful during discussion sessions are briefly described for each discussion topic. Resources include groups and organizations as well as books, pamphlets, brochures, and other written materials. (aj)

0091
To your health! : nutrition education curriculum guide, grades K-8 / Betty B. Brazeau, Virginia Lindsteadt.
Brazeau, Betty. ; Lindsteadt, Virginia. Ukiah, Calif. Mendocino County Schools 1980. NET funded -Loose-leaf. 2 v. (1046 p.) : ill. ; 30 cm. Includes bibliographies. (NAL Call No.: TX364.B69 F&N B-3322/23).
Abstract: A curriculum guide for kindergarten through 8th grade provides lesson plans which support performance levels outlined in the Minimum Proficiency Levels for Nutrition Education in California Schools and help students develop knowledge and skills to make wise food choices. Lessons plans, grouped by grade level fulfill the 5 required nutrition topic areas (food choices, factors influencing food choices, food related careers, consumer competencies and food handling) and are designed for maximum integration into curriculum subject areas. Each lesson plan indicates the time required for the activities, provides brief background information and suggests individual and group learning activities which meet the stated behavioral objective. Specific evaluation and enrichment activities also are suggested. Supplementary sections include nutrition-related reading enrichment activities, methods for integrating a gardening experience into curriculum areas, a parent involvement section providing workshop outlines and activities, and a teacher's resource list (js)

0092
Transportable teacher training program in nutrition : pre-school-grade 12 / developed by Home Economics Department, Ball State University.
Muncie, Ind. The Dept. 1980. NET funded. 471 p. : ill. ; 28 cm. Includes bibliographies. (NAL Call No.: TX364.T67 F&N B-3332).
Abstract: The manual contains a user's guide and the teacher training program course material. The user's guide provides specific directions for use of the content material for 3 different approaches; a self-instructional program, a workshop leader's guide and a guide for training workshop leaders. The teacher training program content material is divided into 3 major sections. The first section, Attitudes, Problems and Assessment, provides instructional materials and activities to explore 6 areas: food attitudes and behaviors, nutrition problems (obesity, dental caries, iron deficiency anemia), nutritional status assessment, development of social surveys, observation technique and lactation. The second section provides an overview of vitamins and minerals with emphasis on vitamns A and C, calcium, phosphorus and iron. The educational methodologies section describes techniques for integrating nutrition education into classroom and community activities. Appendices provide resource lists, an annotated bibliography, transparency masters, and evaluation forms. (js)

0093
What about alcohol / Alex Comfort, Jane Comfort ; illustrated by Harry Blair.
Comfort, Alex, 1920. ; Comfort, Jane. Burlington, N.C. Carolina Biological Supply Co. c1983. 26 p. : ill. ; 28 cm. -. Bibliography: p. 26. (NAL Call No.: HV5060.C65 F&N E-4426).
Abstract: The negative social, behavioral, and biologically harmful effects of alcoholism and alcohol abuse are emphasized in an information guide aimed at teenagers and other young people. The authors attribute over half of all fatal road accidents to drinking drivers and pedestrians, and state that long-term heavy addiction can result in liver damage, increased cancer risk, seizures and delirium, tremors, blackouts, and sexual impotence. Other aspects discussed are: misconceptions concerning alcohol use (false attitudes concerning its stimulatory and "warming" effects and social pressures encouraging its consumption); alcohol use; and religious and strategies for avoiding addiction (abstinence is promoted as the only certain strategy). Data are presented on body alcohol clearance as a function of blood alcohol content, and on blood alcohol content in relation to body weight and number of drinks consumed (tables are given for both sexes). A brief assessment questionnaire and additional references and resources for further information on alcohol and health are included. (wz)

0094
What every teenager should know about nutrition! / Child Health and Disability Prevention Program of the Santa Clara County Health Department.
San Jose, Calif. The Program 1983. Formerly known as Life-cycle nutrition needs for school-age mothers and school-age parents. viii, 236 p. : ill.

; 28 cm. (NAL Call No.: TX361.Y6W453 F&N B-3804).
Abstract: A curriculum covers 10 study units and 27 lessons for pregnant teenagers, school-age parents, and the general adult population concerning a variety of aspects on nutrition. The study units include nutrition education information on: nutrition needs during adolescence (considering general health, sports, weight control, dental health, and snacks); food labels; preparing and storing fruits and vegetables; school meals and reimbursable school meal requirements; nutrition needs during pregnancy for the mother, fetus, and newborn infant; early growth rates through 36 months of age; breast vs. bottle feeding, and facts on lactation; infant nutritional needs and nutritional management; and nutritional guidance for children through age 12. In practice, each lesson in the curriculum contains an audio-visual, a study guide handout, and supplementary pamphlets. Answers are included for tests in the study guide handouts for each lesson. Recipes for snacks and weekly quizzes and answers are appended. (wz)

0095
What's to eat? / Edith Down, Sharon Pisesky ; revised and adapted by Tybe Kahn.
Down, Edith. ; Pisesky, Sharon.; Kahn, Tybe. Peoria, Ill. Bennett Pub. Co. c1981. Includes index. 286 p. : ill. (some col.) ; 24 cm. (NAL Call No.: TX355.D68 1981 F&N B-3148).
Abstract: A comprehensive textbook, designed for teenagers, covers various food topics. Basic information is provided to assist students in making wise food choices. Food economics, consumerism, food science, nutrition and food/culture are major areas. In addition to the usual food concepts, chapters include information on fact and fallacies, food additives, nutrition during the life cycle, American cuisine, and food careers. Frequent "take action" segments list projects and study questions for individual or group work. Drawings and photographs illustrate the book. Although actual food preparation is not emphasized, a limited number of recipes with metric and conventional measurements are included. (rkm)

0096
Working together for nutrition education / created and illustrated by Michele A.R. Baldrica.
Baldrica, Michele A.R. Mahtomedi, Minn. Independent School District 32, Mahtomedi Public Schools 1980. NET funded -Cover title: Student-parent activity book on nutrition -Accompanies main curriculum guide (TX364.W66 F&N B-3341). 21 p. ill. ; 28 cm. (NAL Call No.: TX364.B344 F&N E-4310).
Abstract: Family-centered nutrition education activities include worksheets, games, and other activities to increase individual and family awareness of the importance of food habits, nutrition and exercise to health and well being. Activities explore eating habits, supermarket merchandising, food cost comparisons, budgeting, and weight control. (js)

0097
The world of food /Eva Medved. -.
Medved, Eva. Lexington, Mass. : Ginn, 1984. Includes index. viii, 599 p. : ill. (some col) ; 24 cm. (NAL Call No.: DNAL TX663.M4 1984).
Abstract: The major concepts of food and nutrition, with an emphasis on the best food sources of nutrients and the importance of a diet balanced in protein, carbohydrate, fat, vitamins, and minerals, are presented in this comprehensive introductory text. Major units are titled 1) tomorrow and today, 2) tools of the trade, 3) the world of cookery, 4) the language of meals, 5) the conservation of food, and 6) looking ahead. Guidelines are given concerning the use of convenience foods and on the importance of nutrition labeling, quality, cost, additives, and energy required for preparation in making decisions abouttheir use. Nutrient contributions, preparation methods, and uses of foods in the following groups are discussed: fruits, grains, milk, cheese, eggs, meats, poultry, fish, vegetables, soups, salads, quick breads, yeast breads, beverages, fats and oils, cakes, cookies, pastries, and desserts. Meal preparation and service, microwave cookery, and foreign and regional foods are discussed. Food spoilage and preservation methods (e.g. canning, freezing, jelly-making) are outlined. Career opportunities in the food service industry are examined briefly. Additional features of the text include a table of food substitutions, basic recipes for a number of food groups, and an index for quick reference. (aj)

0098
The world of nutrition /McWilliams, Heller. -.
McWilliams, Margaret. ; Heller, Holly. Lexington, Mass. : Ginn and Co, c1984. Includes index. v, 351 p. : ill. ; 28 cm. -. (NAL Call No.: DNAL TX364.M39).
Abstract: A comprehensive, authoritative nutrition study guide for intermediate grades provides basic nutrition facts concerning nutrients and nutrient classes, foods, dietary goals, processed foods, nutrient supplements, weight control, snacking, shopping for nutrition, vegetarian diets, and a variety of other topics. The material is designed to enable consumers to select a nutritious and appealing diet, avoid fad diets and other false nutrition information, and become educated consumers. Questions, answers and activities are presented throughout the text to accent and highlight important points of interest. A multitude of nutrition facts and fallacies are addressed. (wz)

0099
The world of nutrition teacher's guide and resource book /Margaret McWilliams, Molly Heller. -.
McWilliams, Margaret. ; Heller, Holly. Lexington, Mass. : Ginn and Co, c1984. Cover title: The world of nutrition : activity sheets, teacher's guide.- Spine title: The world of nutrition : teacher's guide, activity sheets. vi, 279 p. : ill,. ; 28 cm. -. (NAL Call No.: DNAL TX364.M392).
Abstract: A comprehensive, practical treatment program for anorexia nervosa (AN) and bulimia details a single method of treatment based on historical principles and the author's own expperience with hundreds of patients. The text provides background information for understanding these eating disorders and describes their clinical symptoms. Other topics include: discussion of specific gidelines for inpatient and outpatient treatment of AN and bulimia; impediments to outpatient treatment of AN; family and marital therapy; AN incidence and therapy in males; pregnancy and fertility in AN and bulimia patients; inpatient therapy responses; consultations with patients having eating disorders; results to be expeected in therapy follow-up; guidelines for organizing an eating and weight disorder clinic; and future prospects for resolving eating disorders during the next decade. Many tables, figures, answers to commonly-asked questions, and case studies are included. (wz)

0100
You and your health /William Fassbender. -.
Fassbender, William. New York : Wiley, c1984. xvii, 446 p. : ill. ; 24 cm. Includes bibliographies and index. (NAL Call No.: DNAL FNC RA776.F3 1984 F&N B-3986).
Abstract: This textbook for high-school students emphasizes the basic facts about health and social issues, so that students are prepared to make informed, intelligent decisions. Each chapter contains a list of concepts to consider, several short self-assessment exercises, and many open-ended discussion questions. Controversial issues are addressed in a straightforward and open fashion, asking the students to formulate personal value systems which reflect their own thoughts and beliefs. The seven parts of this text approach contemporary issues such as sexuality, drugs and alcohol, physical fitness, disease, and environmental health, in addition to emotional issues such as death or mental health. Illustrations include diagrams, photographs, drawings, and charts. (kbc)

0101
I am what I eat : nutrition education in the classroom : a guide for teachers, grades K-8.
Natick, Mass. Natick Public Schools 1981. NET funded. ii, 131 p. : ill. ; 22 x 28 cm. Includes bibliographies. (NAL Call No.: TX364.I2 F&N C-2459).
Abstract: A curriculum guide developed to help school teachers, nurses and food service personnel integrates nutrition education into the existing curriculum and food service program. Nutrition education activities are listed according to academic subjects (language arts, mathematics, social studies, health and science, art and physical education) and resources to use and persons to involve in each are suggested. Activities are grouped K-2, Grades 3-4, 5-6, and 7-8. Additional nutrition resources and suggested field trips are listed for each age group. The appendix includes lists of storybooks, student and teacher references, cookbooks, nutrition information, consumer-produced information, activity charts and puzzles. (kbc)

0102
4H for life.
Gainesville, Fla. Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida (1979?). Includes 28 books, pamphlets and sheets on health, nutrition and lifestyles. 1 portfolio : ill. : 30 cm. Includes bibliographies. (NAL Call No.: S533.F66F48 F&N E-3897).
Abstract: A series on health education is designed to help teens develop decision-making skills by looking at options and alternatives when it comes to lifestyles, food, fitness, stress and distress, personal relationships, and survival skills. The stress of the teen years is often compounded by general disregard for the body's needs. Each of 6 teaching units has 2 levels of difficulty geared to the teen's learning level. Activities reinforce learning and are suited to a 10-week education program. Resources , additional instructional, and handout materials are included at the end of each color-coded unit. Monthly follow-up sessions with a 4-H leader allow teens to pursue individualized or club-sponsored health projects. A health guide is taken prior to beginning the program and 1 year later; a comparison between the 2 helps to assess health risks. (kbc)

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